



Mental Health for Caregivers

Participants will discuss:

- The importance of self care
- How to use support groups effectively as part of the self care plan

Presenter:

**Kelly Jefferson, NAMI-SWI
Executive Director**

Kelly is a Registered Nurse with over 40 years of successful acute and non-acute experience. Her career has spanned several types of nursing.

Kelly's passion for mental health awareness developed after her son's diagnosis 14 years ago with schizoaffective disorder. Kelly co-facilitates family to family education courses and several family support groups with her husband, Mark. Kelly lives in southern Illinois.

December 10, 2024

12:00-1:00 p.m.

VIRTUAL WEBINAR

QUESTIONS?

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TO REGISTER**



There will be electronic
captioning in Spanish available.

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