



@AnokaRamseyCC

# TAKE5

DEVELOP SKILLS FOR POSITIVE LIVING



**nami**

National Alliance on Mental Illness



ANOKA-RAMSEY  
COMMUNITY COLLEGE

## Together we can Make it OK

**This Session will help you to:**

- Increase your understanding of mental illness
- Practice getting a conversation about mental illness started
- Reduce stigma and discrimination
- Develop tools for mental health awareness in your community

Make It **OK**.org

Presented by **Kay King**, an experienced adult community educator for **NAMI Minnesota** (the National Alliance on Mental Illness of MN).

Feb 16, 2022  
Time: 1:00 PM  
**Register:** Click  
this [LINK](#) to  
register for this  
zoom session

Brought to you by the ARCC Counseling Department  
For general questions email [counseling@anokaramsey.edu](mailto:counseling@anokaramsey.edu)