

Movie Mondays for Mental Health



Pop your corn and grab your favorite theatre candy and dish on movies with a mental health theme. Join NAMI film lovers: Community Educator Kay King and Volunteer Coordinator Jasara Rosendahl (the Siskell and Ebert of mental illness) for Movie Mondays this fall on Zoom.

Time: 4:30 - 5:30 p.m.

Dates:

- **Monday, September 28, 2020** - *Perks of Being a Wildflower* with Emma Watson and Ezra Miller. We'll discuss themes of post traumatic stress, managing mental illness as a young adult or teenage, and peer support.
- **Monday, October 26, 2020** – *The Hours* a 2002 film with Nicole Kidman, Meryl Streep and Julianne Moore. The story of how the novel "Mrs. Dalloway" by Virginia Woolf affects three generations of women. We'll discuss themes of major depression and suicide.

Zoom seats are limited so registration is required. **Here's what you need to do.** Watch each of the movies on your favorite platform. Be ready to vote with King and Rosendahl each Movie Monday on how many stars the movie should receive for their handling of the theme of mental illness.

Some Zoom functions are restricted so we would appreciate it if you would submit your movie comments to our emails at least two days in advance of each discussion. We will include some of your comments in our mailbag session at the end of each Movie Monday. kking@namimn.org or volunteer.resurces@namimn.org

Visit our website at namimn.org to register!



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.