



# NAMI In Our Own Voice

NAMI IN OUR OWN VOICE IS AN INTERACTIVE PRESENTATION THAT PROVIDES INSIGHT INTO WHAT IT'S LIKE TO LIVE WITH MENTAL ILLNESS.

THE PRESENTATION IS LED BY TWO ADULTS LIVING WITH MENTAL HEALTH CONDITIONS AND INCLUDES VIDEO AND DISCUSSION. AUDIENCES ARE GIVEN A SAFE PLACE TO ASK QUESTIONS AND GAIN UNDERSTANDING OF AN OFTEN MISUNDERSTOOD TOPIC.

THROUGH DIALOGUE, WE HELP GROW THE MOVEMENT TO BUILD BETTER LIVES.



## So... What is NAMI?

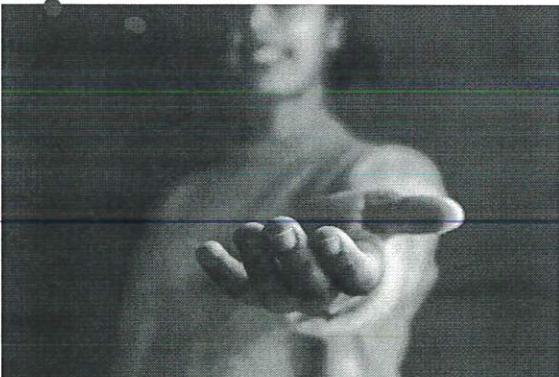
NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illnesses. Along with our dedicated volunteers and leaders, we work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community.

## What is NAMI IOOV?

NAMI In Our Own Voice is a FREE presentation that humanizes the misunderstood and highly stigmatized topic of mental health by showing it's possible - and common - to live with a mental health condition.

## What people are saying...

**About In Our Own Voice:** "Amazing presentation with amazing presenters! You 100% erased any stigma I used to associate with mental illness. I learned more about mental health conditions from these generous people than any book I have read."



JOIN US FRIDAY, MARCH 14TH FROM 1-3PM  
NORTON CIRCLE COMMUNITY  
5551 W NORTON ST., AVONDALE, AZ 85323  
LUNCH WILL BE PROVIDED



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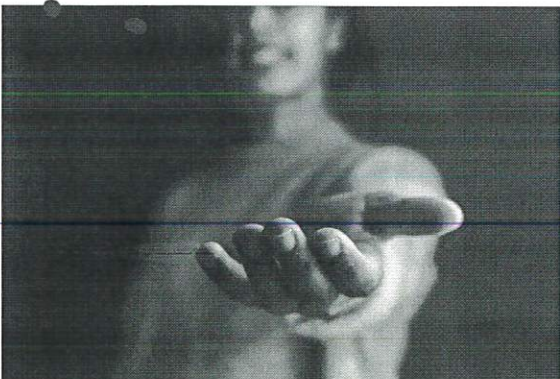
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JOIN US WEDNESDAY, MARCH 19TH FROM 12-2PM  
ROSE TERRACE COMMUNITY  
525 E. HARRISON DR, AVONDALE, AZ 85323  
LUNCH WILL BE PROVIDED



National Alliance on Mental Illness

# NAMI Ending the Silence

HAVE YOU EVER WONDERED IF YOUR CHILD'S BEHAVIOR WAS "JUST A PHASE" OR SOMETHING MORE CONCERNING?

HAVE YOU EVER BEEN OVERWHELMED BY YOUR CHILD'S BEHAVIOR?

JOIN NAMI FOR A FREE FAMILY PRESENTATION TO HELP NAVIGATE YOUR AND YOUR CHILD'S MENTAL HEALTH NEEDS



So... What is NAMI Ending the Silence (ETS)? ETS is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing signs of a mental health condition.

You will also hear a testimonial from a person living with a mental health condition.



JOIN US MARCH 20TH FROM 1-3 PM  
COFFELT-LAMOREAUX COMMUNITY  
1510 S. 19TH AVENUE, PHOENIX 85009  
LUNCH WILL BE PROVIDED



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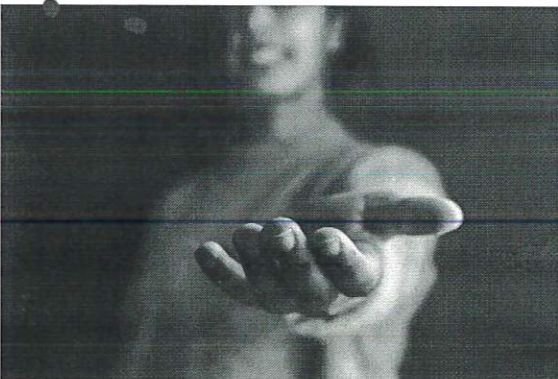
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JOIN US MONDAY, MARCH 24TH FROM 1-3PM  
HERITAGE AT SURPRISE COMMUNITY  
12669 W. RIMROCK, SURPRISE, AZ 85378  
LUNCH WILL BE PROVIDED



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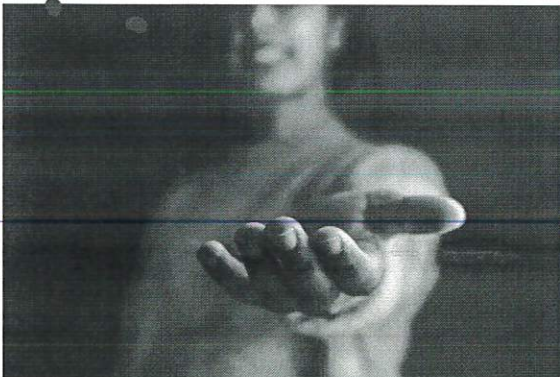
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JOIN US FRIDAY, MARCH 28TH FROM 2-4PM  
RIVER AT EASTLINE VILLAGE COMMUNITY  
2106 E APACHE, TEMPE, AZ 85281  
LUNCH WILL BE PROVIDED