

**WHAT'S YOUR MOOD TODAY? HAPPY? SAD? LONELY?  
COME LEARN ABOUT HEALTHY WAYS TO EXPRESS  
THOSE FEELINGS FOR YOU AND YOUR CHILDREN**



**Join** us for the Upcoming **NAMI** event on **July 22nd**  
**from 1-3 pm** at the Madison Heights Community Center.  
**1110 N Dysart Rd, Avondale.**