

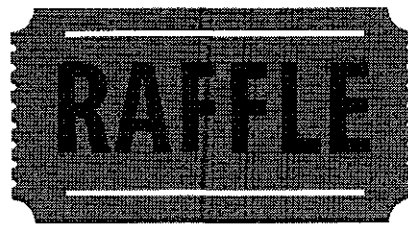
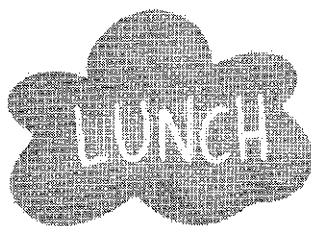
Date: Tuesday, Oct. 14

Time: 1:30 PM

**Location: Madison Heights Community
1110 N Dysart Rd, Avondale**

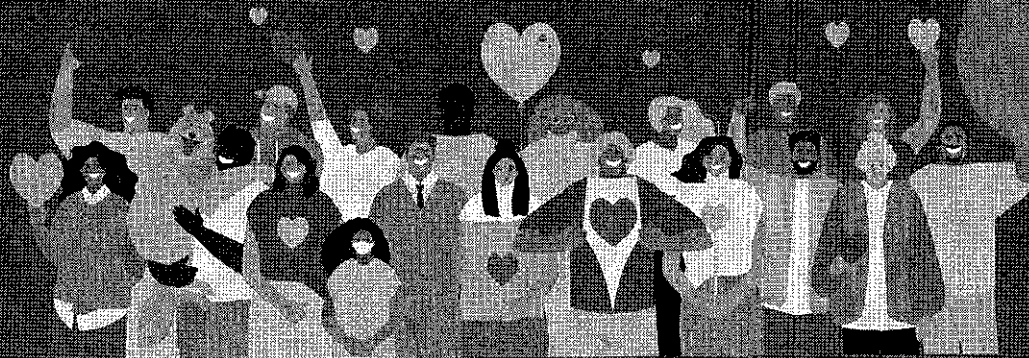
Let's Talk About Mental Health and Wellness!

Please join NAMI for a special presentation on the importance of good mental health for you and your family. This month we will have a special presentation on **"How to talk to your Children and Loved Ones"**. We will also focus on maintaining good mental health and wellness.



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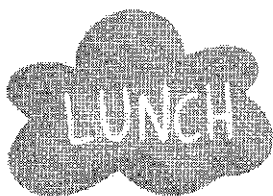
Date: Thursday, Oct. 16

Time: 1:00 PM

**Location: Heritage Senior Complex
15639 N Nash Street, Surprise**

Let's Talk About Mental Health and Wellness!

Please join NAMI for a special presentation on the importance of good mental health for you and your family. This month we will have a special presentation on **"Building a Community of Support"**. We will also focus on maintaining good mental health and wellness.



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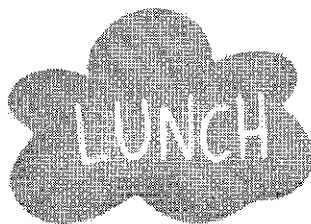
Date: Friday, Oct. 17

Time: 1:00 PM

**Location: Rose Terrace Community
525 E Harrison Dr, Avondale**

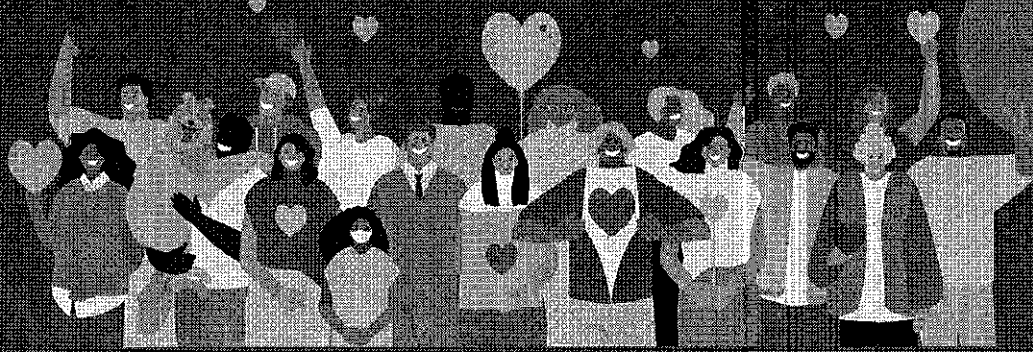
Let's Talk About Mental Health and Wellness!

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Date: Tuesday, Oct. 21

Time: 1:30 PM

Location: Heritage Community

Presentation Via Zoom!!

Or in person in the Community Room

Let's Talk About Mental Health and Wellness!

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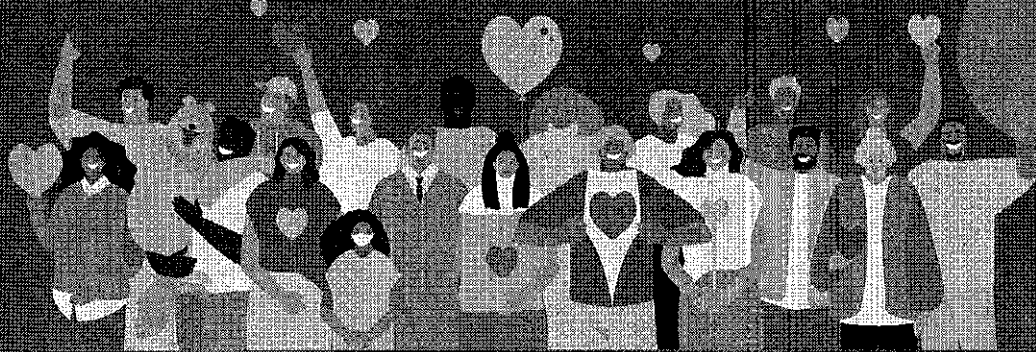
Scan the QR Code
to join Virtually



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National Alliance on Mental Illness

Your paragraph text



Date: Friday, Oct. 24

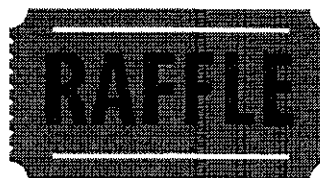

Time: 1:30 PM

**Location: Eastline Community
2106 E Apache Blvd, Tempe**



Let's Talk About Mental Health and Wellness!

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FIVE TIPS FOR TALKING TO YOUR TEEN

1

Know the statistics

1 in 5 youth will experience a mental health condition. 50% of those youth will not seek treatment because of stigma. End the Silence. Break the stigma.



2

Ask questions to learn more

What is a new hobby or club you would like to try?
What is something you are looking forward to?
Dreading? How are things with your friends?



3

Spend time together

Going on walks or taking a ride in the car are great ways to start conversations with your teen. Eat a meal together every day. Check in often.



4

Ask the hard questions

What can I do to help with your mental health? How can I support you? What do you need from me? Tell me more about how you are feeling.



5

Know when to act

Have conversations often about mental health.
Listen and validate their feelings.
Learn how to be a trusted adult.
Get a professional opinion or feedback from others.
Find local resources at namivos.org.
Scan the QR code for more information.



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- Interactive sessions with real-life scenarios

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- How to create a monthly budget
- Learn to identify and reduce expenses
- Build an emergency fund
- Develop the confidence to manage your money



525 E Harrison Dr
Avondale, AZ 85323



October 20th
1-3 PM

 Juan Carlos Esquivel

 661.435.7771

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BANK