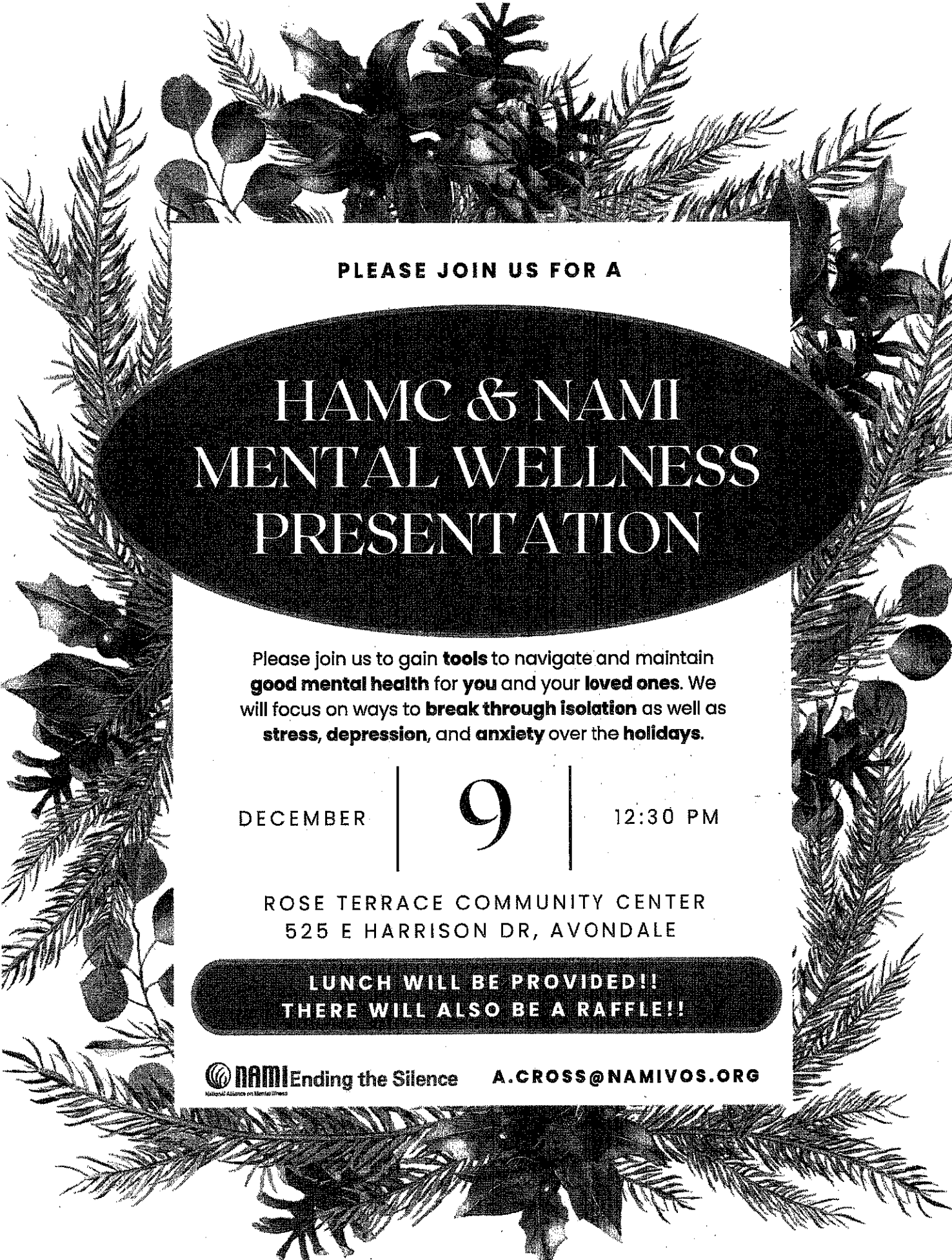




PLEASE JOIN US FOR A

HAMC & NAMI MENTAL WELLNESS PRESENTATION

Please join us to gain **tools** to navigate and maintain **good mental health** for **you** and your **loved ones**. We will focus on ways to **break through isolation** as well as **stress, depression, and anxiety** over the **holidays**.

DECEMBER

9

12:30 PM

ROSE TERRACE COMMUNITY CENTER
525 E HARRISON DR, AVONDALE

**LUNCH WILL BE PROVIDED!!
THERE WILL ALSO BE A RAFFLE!!**



NAMI
National Alliance on Mental Illness

Ending the Silence

A.CROSS@NAMIVOS.ORG



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DECEMBER

9

2:00 PM

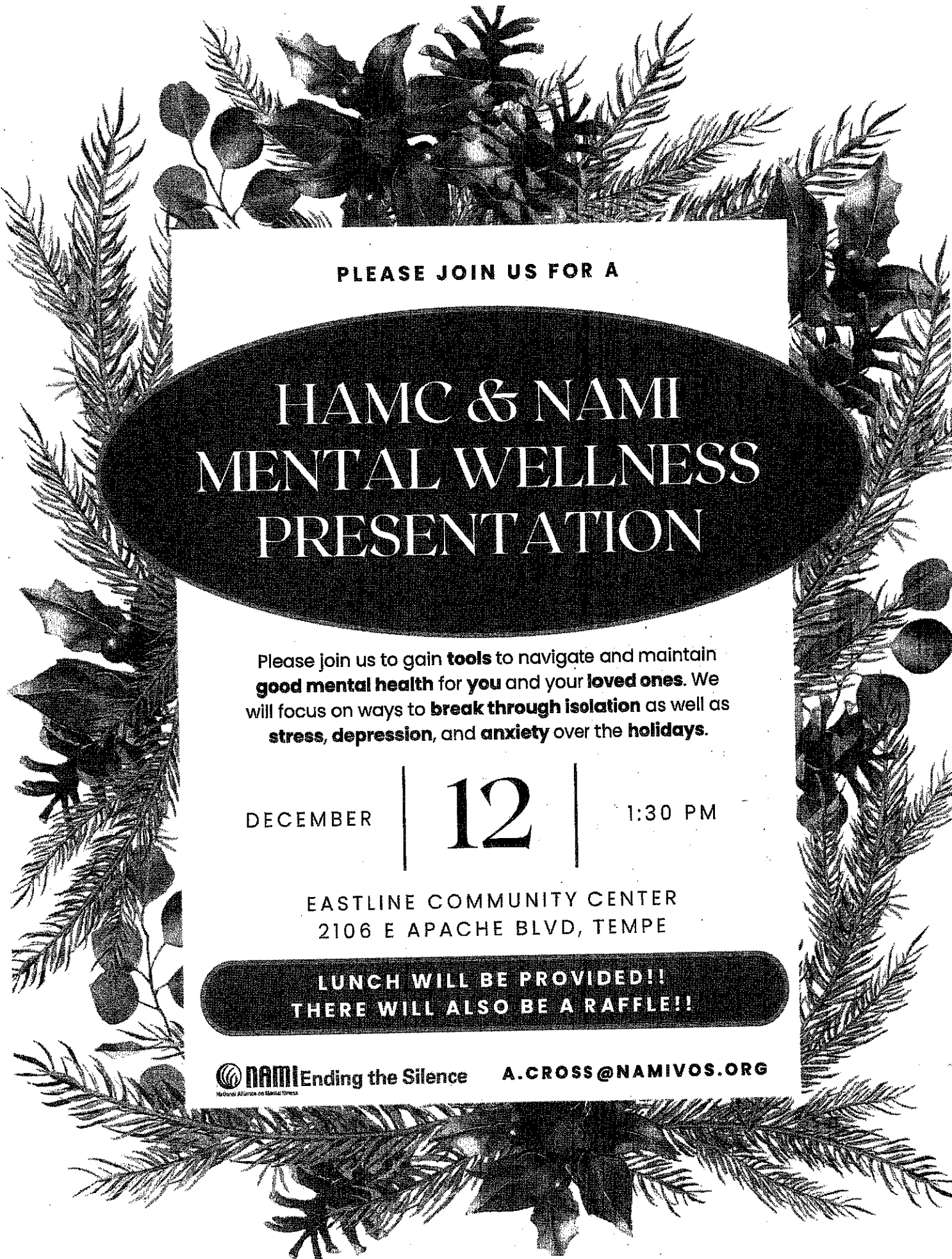
MADISON HEIGHTS COMMUNITY CENTER
1110 N DYSART RD, AVONDALE

**LUNCH WILL BE PROVIDED!!
THERE WILL ALSO BE A RAFFLE!!**



NAMI Ending the Silence

A.CROSS@NAMIVOS.ORG



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DECEMBER

12

1:30 PM

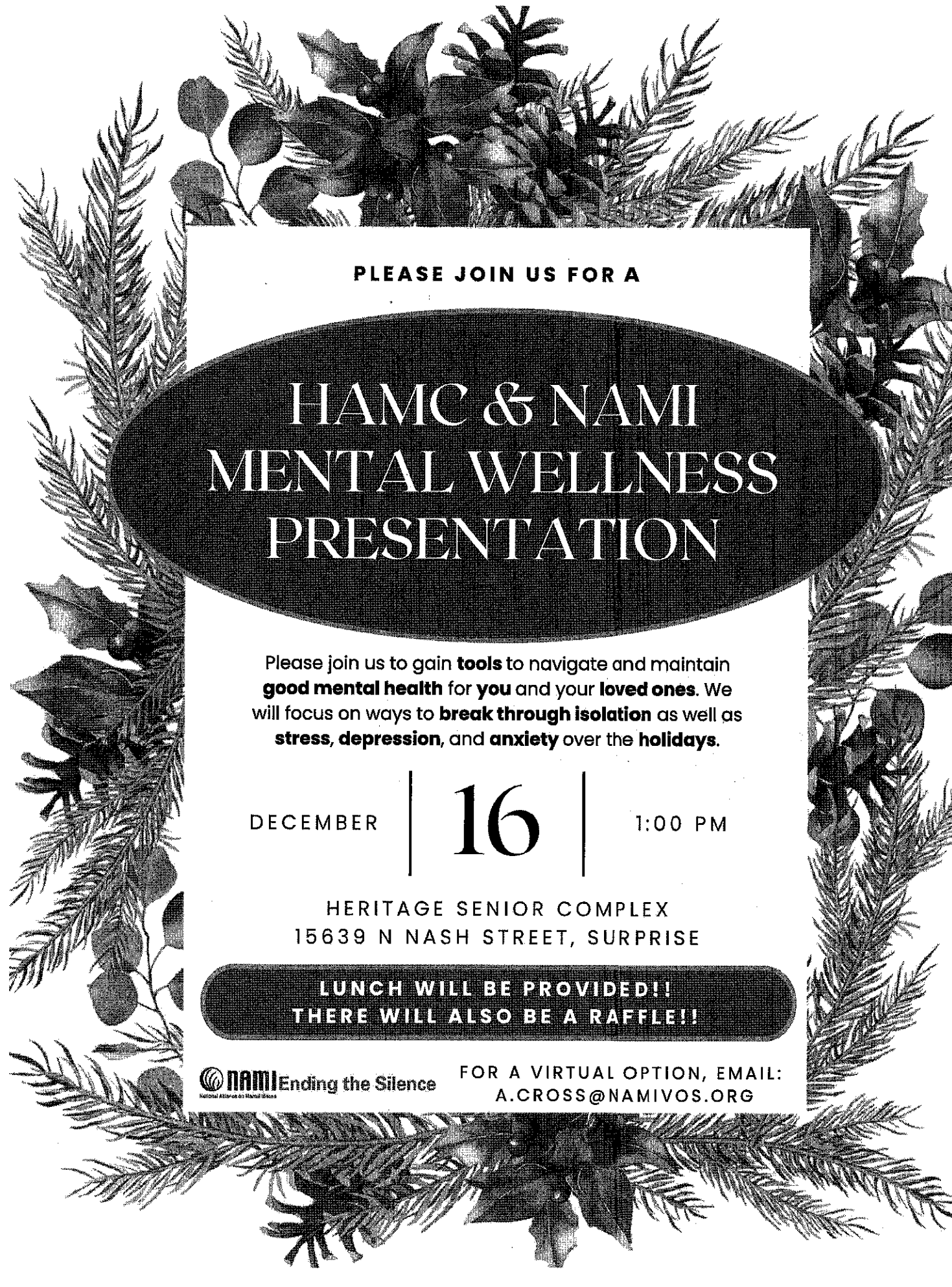
EASTLINE COMMUNITY CENTER
2106 E APACHE BLVD, TEMPE

LUNCH WILL BE PROVIDED!!
THERE WILL ALSO BE A RAFFLE!!



Ending the Silence

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DECEMBER

16

1:00 PM

HERITAGE SENIOR COMPLEX
15639 N NASH STREET, SURPRISE

**LUNCH WILL BE PROVIDED!!
THERE WILL ALSO BE A RAFFLE!!**

 **NAMI** Ending the Silence
National Alliance on Mental Illness

FOR A VIRTUAL OPTION, EMAIL:
A.CROSS@NAMIVOS.ORG

MONEY MATTERS

I hope you can join us for some light refreshments & fun in finance. Roxy Garcia, The Community Impact Specialist with Credit Union West, and our newest community partner brings a fresh look and perspective to money matters!

Join us in the community room



EVENT: IDENTITY THEFT

DATE: 12/2/25

TIME: 2:00

Please join us at MADISON

1110 N. Dysart Rd.

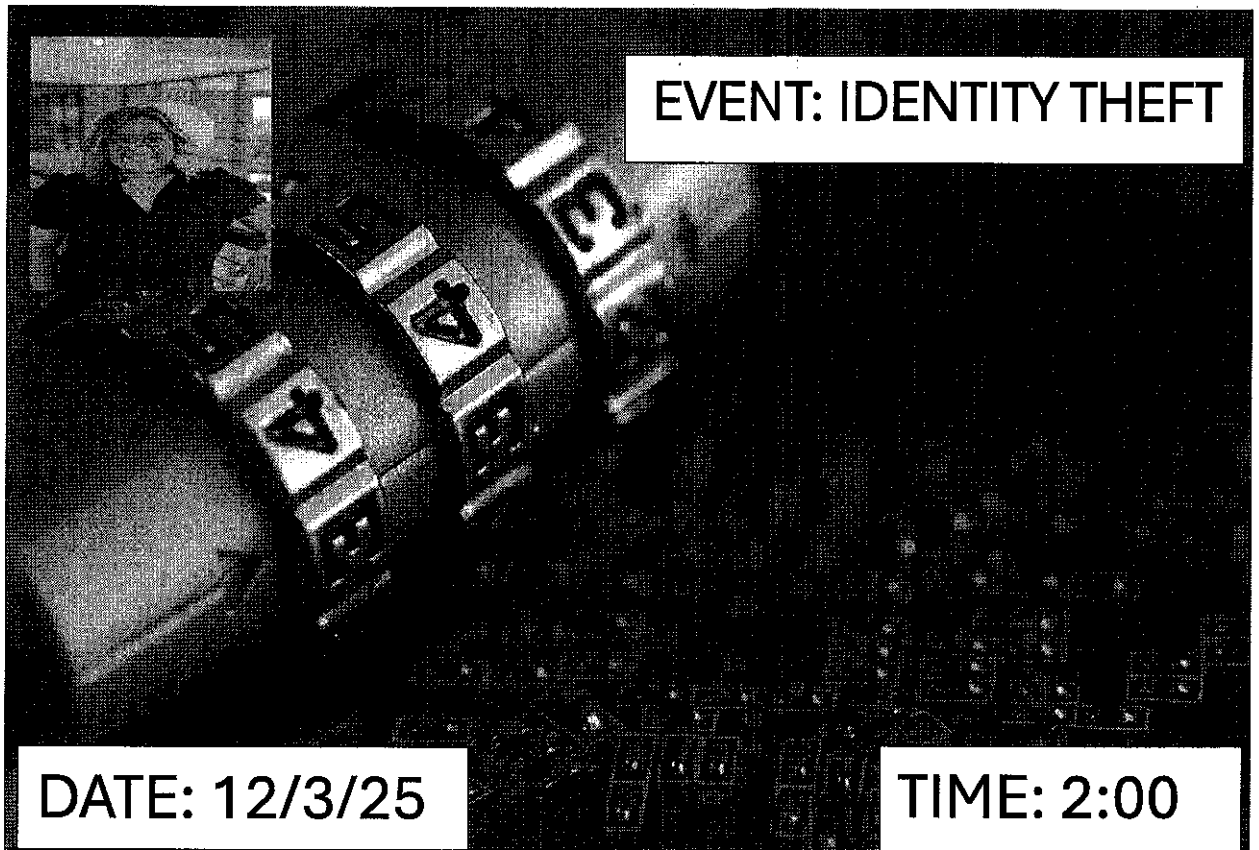
Avondale, AZ 85323

Brought to you by Housing Authority of Maricopa County

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Join us in the community room



EVENT: IDENTITY THEFT

DATE: 12/3/25

TIME: 2:00

Please join us at Coffelt Community Apartments

1510 S 19th Dr

Phoenix, AZ 85009

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