



National Alliance on Mental Illness

# NAMI Ending the Silence

## Mindfulness for Mental Health

Discover how to take control of your mental wellness.

This workshop is designed to help you build resilience, develop emotional knowledge, and create a healthier mindset for you and your family.

### What is Mental Health?

- Identifying and Managing Stress & Anxiety
- Coping Strategies for Everyday Life
- Building Healthy Habits and Routines

### Why Attend?

- Enhance emotional well-being
- Gain practical life tools
- Join a supportive community
- Challenge mental health stigma

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**FREE EVENT!!**  
**Madison Heights**  
**1110 N Dysart Rd, Avondale, AZ 85323**  
**3/24/26, 2:00 PM**  
**LUNCH PROVIDED!!**  
**COME WIN THE RAFFLE PRIZE!!**

