



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

FREE EVENT!!

**Rose Terrace Community Center
525 E Harrison Dr, Avondale
3/24/26, 12pm**

