



Ending the Silence

Free presentations in 2021

Join us on Zoom for an engaging presentation and interactive discussion that helps the community learn about the warning signs of mental health conditions and what steps to take if you or a loved one need help or support.

Thursday January 14th @ 6:30 p.m.

Thursday February 18th @ 6:30 p.m.

Tuesday March 30th @ 6:30 p.m. (World Bipolar Day)

Tuesday April 13th @ 6:30 p.m.

NAMI Ending the Silence presentations educate students, educators, and families about mental health conditions. These presentations include personal testimony from and conversation with a youth or young adult with lived experience. The presentation's message of empathy and hope encourages all to actively care for themselves and their loved ones.

Through dialogue, we can help grow the movement to end the stigma.

All programs are free but registration is requested.

Register online at www.namicoastalvirginia.org/community-events-resources or by contacting the NAMI Coastal Virginia office at (757) 499-2041



 **NAMI** Coastal Virginia
National Alliance on Mental Illness
www.namicoastalvirginia.org | (757) 499-2041



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