

relationships purpose INTERESTS safety  
NUTRITION education PLAN perseverance  
trust hope diagnosis understanding  
allow friends awareness therapy  
balance holistic **mental health**  
EMOTIONS  
empower respect self-esteem RESEARCH  
recovery family empathy STABILITY VOICE  
community exercise fitness RELAXATION  
healing EMPLOYMENT SLEEP running yoga



## Faith Leaders Virtual Luncheon

Join us for lunch and conversation to learn more about mental illness plus resources for recovery and wellness.

**Thursday, May 28, 2020**

**11:00 am – 1:00 pm**

*Please RSVP by **Monday, May 25th** via email to [kforward@namisantaclara.org](mailto:kforward@namisantaclara.org) or call 408-453-0400 ext. 3025*

*Zoom Information will be sent following registration.*



**NAMI-SCC  
FaithNet**

Creating **Mental Health** Friendly, Stigma-Free  
Congregations in Santa Clara County

ALSO CHECK OUT NAMI-SCC ON FACEBOOK [@NAMISANTACLARACOUNTY](https://www.facebook.com/NAMISANTACLARACOUNTY)