

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 to learn more about the importance of mental health, recovery and wellness.

Thursday, October 22nd, 2020
11:00 am – 1:00 pm

*Please RSVP by Monday, October 19th via email to
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)