

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



Faith Leaders Virtual Presentation

Mental Health 101

Join us to learn more about mental illness and substance use. Be able to offer resources and referrals. Become an advocate for recovery and wellness.

Thursday, March 25, 2021

11:00 am – 1:00 pm

Please RSVP by Monday, March 22nd

Zoom Information will be sent following registration.

Register here: <http://bit.ly/3arsm1O>



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)