

# Interested in Mental Health?



**Tuesday, April 28<sup>th</sup>**  
**5:30 – 7:00PM**  
**FXB G-11**

Light refreshments will be provided

## What is NAMI In Our Own Voice?

A unique public education program in that gives you the chance to hear from two trained speakers who will share their compelling personal stories of living with mental health challenges and achieving recovery.

While audiences benefit from the inspirational stories of the speakers, presenters increase their confidence and develop leadership skills through helping to inspire and motivate others.

## About NAMI



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Massachusetts, the state affiliate of NAMI and its dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.