

SPECIAL INVITATION



Learn

Learn about mental illness.

Mental health problems can affect anyone at any time. That's why everybody needs to understand how mental illnesses can affect individuals, families, and communities. It's also why we all need to learn how we can support our friends who are living with a mental illness. Caring friends can make a real difference. Are you ready to be a real friend?

MENTAL HEALTH - WHAT IS IT?

WHAT A DIFFERENCE A FRIEND MAKES!

Anti-Stigma Presentation by:
NAMI (National Alliance on Mental
Illness) of San Joaquin County

Target Population: 18 to 25 year
olds, their friends, educators and
family members

Topics: Mental Health: What is it? - Recovery - Support - Myths and Facts
What Would You Do? - Resources - Questions and Comments
Handouts in English and Spanish Available

JANUARY 28, 2009
(Wednesday)
12:30 pm
WEST FORUM

San Joaquin Delta College - Stockton Campus - 209-954-5151

Related Web site: <http://whatadifference.org/>



Cultural Awareness Program
Embracing the world, one at a time

Sponsored by the Cultural Awareness Program Committee

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