

Join NAMI for Mental Health and Wellbeing Programs in 2018

“JOURNEYS TO WELLNESS” ART SHOW

THURSDAY, MAY 3 | 5pm-8pm
Pop-Up Show | Location TBD

BIKING FOR MENTAL WELLNESS, A STIGMAFREE RIDE

Saturday, May 12 | 9am-3pm
Start: YMCA or BCRD, Finish Line: St. Luke’s Ketchum

SWING FORE RECOVERY - 5B OPEN GOLF TOURNAMENT

Friday, September 21 | 12pm Check-in | Elkhorn Golf Course

LUNCH AND BINGO AT THE SENIOR CONNECTION

Every Tuesday | 11:30am-2pm

MINDFULNESS WITH FURRY FRIENDS: GET OVER HUMP DAY FOR BETTER MENTAL HEALTH AND WELL-BEING AT

THE ANIMAL SHELTER OF THE WOOD RIVER VALLEY |
Every Wednesday | 10am-4pm

WEEKLY SUPPORT GROUPS FOR PEERS AND FAMILY MEMBERS

Call us for more information or refer to website.

THE STIGMAFREE CAMPAIGN IS NAMI’S EFFORT TO END STIGMA AND CREATE HOPE FOR THOSE AFFECTED BY MENTAL ILLNESS. THROUGH POWERFUL WORDS AND ACTIONS, WE CAN SHIFT THE SOCIAL AND SYSTEMIC BARRIERS FOR THOSE LIVING WITH MENTAL HEALTH CONDITIONS. TOGETHER, WE CAN BREAKDOWN THE BARRIERS OF STIGMA IN OUR VALLEY



Hope starts with you

NAMI-WRV is a non-profit organization committed to improving the lives of persons with mental illness by providing education, support, and advocacy.

FIND OUT MORE AT: WWW.NAMI-WRV.COM OR CALL 208-481-0686