

Join NAMI for Mental Health and Wellbeing Programs in 2019

MINDFULNESS WITH FURRY FRIENDS

MOUNTAIN HUMANE | Valentine's Day | 10am-4pm

"JOURNEY TO WELLNESS" ART SHOW

MONDAY, MARCH 11 | 5:30pm-7:30pm
KIC | 180 6th St W, Ketchum

BIKING FOR MENTAL WELLNESS, A STIGMAFREE RIDE

Saturday, May 18 | 9am-3pm
Start: YMCA or BCRD | Finish Line: St. Luke's Ketchum

I'M NOT RAPPAPORT THEATRICAL PRODUCTION

FRIDAY, JUNE 28 & SATURDAY, JUNE 29
SBG | 11 GIMLET RD, KETCHUM

FREEDOM FROM STIGMA 4TH OF JULY FLOAT

THURSDAY, JULY 4 | 11:30am-12:30pm

SWING FORE RECOVERY - 5B OPEN

September | 12pm Check-in | 1pm Shotgun Start

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!

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 MOUNTAIN HUMANE | Every Wednesday | 10am-4pm

WEEKLY SUPPORT GROUPS FOR PEERS (TUESDAY NIGHTS), **TEENS** (WEDNESDAY AT THE WRMS & MONDAY AT WRHS) AND **FAMILY MEMBERS** (MONTHLY ON WEDNESDAY).

Call us for more information, check out our Facebook page or refer to our website.



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