

Know that
you are
not alone.

NAMI ENDING THE SILENCE TALK

BRING MENTAL HEALTH
EDUCATION
INTO THE
CLASSROOM



RSVP

Or email
endthesilence.coccc@gmail.com

About:

NAMI's presentation raises awareness and reduces mental health stigma. This is a safe space to ask questions and hear from people who have lived experience with mental health recovery.

When & Where

Part of Fun Fridays in
Modoc Hall, @COCC

Friday 3/8 at 1-2 pm

Yes, there will be
food!



Central
Oregon

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