Please join us for a presentation of



The live**+**video In Our Own Voice presentation will feature two volunteers from The National Alliance on Mental Ilness-New Jersey (NAMI NJ), our state affiliate of the nation’s largest grassroots organization devoted to enhancing the lives of all affected by mental health issues. The presenters will describe the realities of mental health recovery, discussing their dark days, acceptance, relationship to treatment, coping strategies, and successes, hopes and dreams. Their powerful personal stories will provide a critical perspective to the understanding of what it is like to deal with ongoing mental health issues, and will help to dispel stereotypes and misconceptions. Representatives of the NAMI Morris County affiliate will also be present to provide information about local supports and resources.

WHEN
Thursday, April 20; 7PM

WHERE
Madison Area YMCA’s Family Center; Kroll Conference Room

FEE
Free and open to the public.
RSVP to Katie Koontz at kkoontz@madisonymca.org or973-822-9622 x2233 by April 13.