

Education & Advocacy Meeting



WHEN

1st Thursday monthly, 6-7:30pm

WHERE

NAMI San Diego

5095 Murphy Canyon Rd., Suite 320, San Diego, CA 92123

WHY

NAMI San Diego's Education and Advocacy meetings provide information about mental health conditions, recovery, support and other topics essential to create and maintain a life of wellness. Meetings are free and open to everyone in the community.

RSVP TODAY at <http://bit.ly/namisdea1819>

Questions or More Info: Email Outreach@namisd.org
www.namisandiego.org | Helpline (800) 523-5933

Stay Connected:   

FREE MEETINGS

AUGUST 2ND @ 6 PM

Topic:
SMART Recovery

Guest Speakers:
Lynn Warner, PhD

SEPTEMBER 6TH @ 6 PM

Topic:
Mental Health Law Advocacy

Guest Speaker:
Jennifer M. Gerstenzang, Attorney at Law and Family Advocate in the Criminal Justice System

OCTOBER 4TH @ 6 PM

Topic:
CYF Liaison Presents #KnowNoStigma Breaking Stigma Surrounding Mental Health

Guest Speaker:
Linda Ketterer, NAMI San Diego CYFL Lead Trainer

NOVEMBER 1ST @ 6 PM

Topic:
The Brain – Gut Connection

Guest Speaker:
Dr. Steve Tullius, Doctor of Chiropractic at The Center for Health and Human Potential