

SPECIAL INVITATION



Learn

Learn about mental illness.

Mental health problems can affect anyone at any time. That's why everybody needs to understand how mental illnesses can affect individuals, families, and communities. It's also why we all need to learn how we can support our friends who are living with a mental illness. Caring friends can make a real difference. Are you ready to be a real friend?

MENTAL HEALTH - WHAT IS IT?

WHAT A DIFFERENCE A FRIEND MAKES!

Anti-Stigma Presentation by:
NAMI (National Alliance on Mental Illness) of San Joaquin County

Target Population: 18 to 25 year olds, their friends, educators and family members

Topics: Mental Health: What is it? - Recovery - Support - Myths and Facts
What Would You Do? - Resources - Questions and Comments
Handouts in English and Spanish Available



**JANUARY 23, 2008
(Wednesday)
12:30 pm
WEST FORUM**

San Joaquin Delta College - Stockton Campus - 209-954-5151

**Refreshments immediately following presentation in
UPPER DANNER HALL
San Joaquin Delta College
Stockton Campus**

**Sponsored by the Cultural Awareness Program Committee
San Joaquin Delta College, Stockton, CA**

Related Web site: <http://whatadifference.org/>