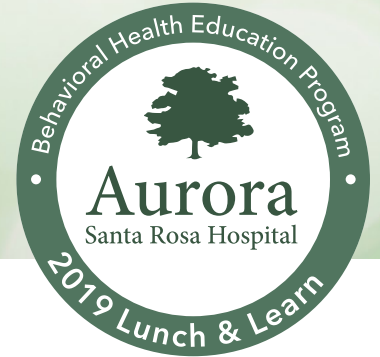




May is Mental Health Awareness Month



FACING MENTAL HEALTH CHALLENGES: INDIVIDUAL AND FAMILY MEMBER PERSPECTIVES



THURSDAY, MAY 23
12:00 - 2:30PM

\$10 at the door for lunch and training

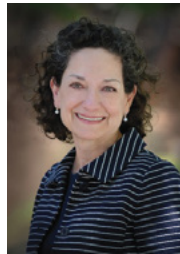
Registration at 12PM.

The program starts promptly at 12:30PM.

Location: Aurora Santa Rosa Hospital
1287 Fulton Road
Santa Rosa, CA 95401

If you are interested in attending this workshop, contact Jane Rogan at (707) 548-3573 or jane.rogan@aurorabehavioral.com for a seat reservation.

A Panel Discussion, in collaboration with NAMI Sonoma County



MODERATOR:

Mary-Frances Walsh MHS
Executive Director,
NAMI Sonoma County

Panelists will speak about their personal experiences, including topics such as those below and be open to a dialogue with the audience.

- What is it like to receive a diagnosis of mental illness?
- What happens to the emotional climate of the family?
- What kind of reactions were experienced when disclosing the illness to others?
- What would a supportive response from others look like?

ABOUT LUNCH & LEARN

Come join us at Aurora Santa Rosa Hospital every month for a new Lunch & Learn workshop. Eat lunch, socialize and learn more about important topics presented by experienced, practicing professionals. At the conclusion of each workshop, we will give tours of our facility for those who are interested.



NAMI Sonoma County, the local affiliate of the National Alliance on Mental Illness, seeks to help those with mental illnesses and their families live better, healthier lives while experiencing the support of a caring community.