



I Matter Because...

Join NAMI-Wake County on Thursday, October 14th from 5:30-7p.m. for an event focused on mental health support. We'll have a much-needed self-care session with a short mindfulness practice, followed by a story of recovery. We'll also share NAMI Wake resources, discuss how to advocate for yourself in school and beyond as well as ways to incorporate healthy coping strategies for better mental health. We will conclude the evening by adding to our sponsored chalkboard wall within the current exhibition.

NAMI - Wake County is the local affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. We provide support, education, and advocacy to all individuals, families, and communities facing mental health challenges.

End the evening by adding to our chalkboard wall included within *Self-Care: A Mental Health Journey Through COVID 19*.

To request accommodations, please contact Molly Hull, the Gallery Director, at hullmary.meredith.edu

October 14th schedule:

- **5:30pm-6pm:** Welcome table with resources outside Gaddy - Hamrick Art Center
- **6pm-6:30pm:** mindfulness and meditation session
- **6:30pm-7pm:** In Our Own Voice presentation, how to advocate for yourself



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This presentation is funded, in part, by a grant from South Arts in partnership with The National Endowment For The Arts and North Carolina Arts Agency.

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