



4th Annual Community Mental Health Fair

In recognition of Minority Mental Health Month, join us for our community mental health fair. This year we're heading to Brooklyn.

NAMI C.A.R.E.S. FAIR

Community Advocacy, Resources, Education, & Services

There will be workshops, neighborhood organizations, and family-friendly activities!

In Our Own Voice. From "dark days" to "successes, hopes, and dreams," people living with mental illness share their stories. (12:30 - 1:30)

Mothers of Color and their Mental Health - Advocating for Ourselves. An interactive discussion about mothers of color and their mental health. (1:30 -2:30)

Suicide and Emotional Pain. How can you recognize if someone is in emotional distress, even if they aren't talking about suicide? (2:30 - 3:30)

If you were unable to attend this presentation in June, you won't want to miss this one.

Participating organizations: Bedford-Stuyvesant Restoration Corporation, Brooklyn Community Services, The Family Center, Make It Happen, Rainbow Heights Club, All For One, Therapists

for Black Girls, Youth Stand United, Thrive NYC and more!

Saturday July 28
Noon to 4 pm
Brooklyn Public Library
Macon Branch
361 Lewis Avenue
in Bedford-Stuyvesant

Know someone in the neighborhood who might be interested in going? Or do you live nearby? Here's a flier you can share!

[Click to download the PDF.](#)