



## 4th Annual Community Mental Health Fair

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**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!

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**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.](#)**