



nami
National Alliance on Mental Illness

Coastal Virginia

Mental Health Awareness Night

+ Annual St. Hat Trick's Game



Saturday, March 21st, 2020

Join us On Saturday, March 21st at 7:30 as we host our second annual Mental Health Awareness Night in conjunction with the Admirals' St. Hat Trick's Game! NAMI Coastal Virginia & The Norfolk Admirals have teamed up again this year to raise awareness for mental health by creating one memorable night of hockey. It will be an evening of fun to bring our community together for a great cause that you don't want to miss.

Let's faceoff to end the stigma!

Tickets for this event can be purchased through our promotional link below, or by visiting our website.

Tickets are \$15 each, \$5 of which goes back to NAMI to help us continue to provide free, supportive, and educational community classes and resources



This event aligns with one of NAMI Coastal Virginia's goals in incorporating good mental health with sports activities. We

hope it will be a game changer by helping to silence the stigma of living with mental health challenges. We can raise awareness by coming together as one, standing strong and paving a new path of hope by lighting the way for others to follow. You are not alone in your journey!



To purchase
your tickets:

fevo.me/namicoastalva

We hope to
see you there!

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