

The City of Rancho Cucamonga and the
National Alliance of Mental Illness (NAMI) invite you to

Community Check-ins

6-7:30 p.m. starting June 1st,
and every first Monday of the month



Pour yourself some tea, put on your fuzzy slippers,
and get comfortable at home.

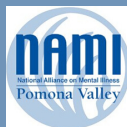


Feel connected to your community through monthly virtual check-in conversations. This is an opportunity for community members to share their own experiences and feel welcomed in a judgement-free environment where you can feel supported.

- Benefit from community wisdom
- Be prepared to learn from each other
- Hear from experts on a wellness topic you want to learn more about
- Find tools, resources, and strategies to practice self-care and wellness

We will be
using
Zoom
Meetings
to connect
virtually

*This is an informative event that does not constitute a therapist-client relationship. This is not a substitute for professional diagnosis or treatment from a mental health professional.



RSVP through Eventbrite at:
<https://bit.ly/RC-Checkin>