

What is NAMI Ending the Silence?

NAMI Ending the Silence is a free presentation designed to give audience members an opportunity to learn about mental illness through an informative Power Point and short videos. This presentation will have a focus on Parents and Caregivers for school aged children with mental health challenges. Each presentation of NAMI outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members who may need support. Additionally, these presentations include personal testimony from a young adult living with a mental health condition and his/her journey to recovery.

NAMI Washington County will offer its Ending the Silence presentation for parents in the Beaverton School District on:

March 1, 2022 @ 12 PM and also @ 7 PM ON ZOOM



Audience Perspectives

“It is amazing what just one day, one talk can do. You never really know what’s going on in the brain of any particular student.” -Teacher

“I’m really grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don’t understand. But, now I’m sure they would be more supportive of me.” -Student

Please visit: <https://www.washconami.org/events>

FOR EVENT INFO & ZOOM LINK TO JOIN



Christina Matousek
NAMI Washington County
18680 SW Shaw St.
Aloha, OR 97007
(503)356-6835

christina@washconami.org

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Washington County is an affiliate of NAMI National. NAMI Washington County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.