

WELLNESS WEDNESDAY SERIES

Register now to join NAMI-NYS virtually, every Wednesday of May @ 4pm, to discuss various mental wellness topics with experts in the field and with lived experience.

May 4th- Mental Health in Schools

May 11th- Talk Saves Lives: Suicide Prevention

May 18th- Setting SMART Goals: A Peer to Peer Perspective

May 25th- Rethinking Wellness: Thriving Vs. Surviving



National Alliance on Mental Illness

New York State

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