

NAMIWalks Virtual Takeover Schedule

RIGHT NOW!: Register a virtual team or as an individual. Start your fundraising!

NEXT!: Get your friends and family in on the action! What fun and creative ways can you do social distancing **AND** NAMIWalk together? Share them with us! We want to hear your awesome Virtual Takeover plans!

May 2: Ventura County's NAMIWalk Virtual Takeover kicks off! Watch our social media to see creative ways individuals and teams are making our 15th annual event their own!

May 3-29: The fun continues! Let's keep the energy going!

May 30: Join NAMI Ventura County as we celebrate **NAMIWalks Any Way** with affiliates across the country.

After May 30!: Keep up with NAMI Ventura County and watch as we continue growing education, support, and advocacy programs that create real impact in your communities

Our Personal Message: Listen. We know the world has gotten difficult to navigate recently. The fallout of COVID-19 is scary. It's sending shockwaves through our culture many of us have never experienced before.

Maybe you are dealing with your children potentially being out of school until the fall. Or the reality of seeing bare shelves at the supermarket has you rattled. Or the necessity of social distancing is logistically challenging and emotionally isolating. Those of us here at NAMI Ventura County understand all of that. We are experiencing it right along with you.

What we know is the effect of prolonged stress on existing and undiagnosed mental health conditions. We expect to see even more need for mental health education, support, and advocacy programs in the next year.

We're moving forward with the NAMIWalks Ventura County Virtual Takeover because it's more important than ever that our programs are still free and available to everyone who needs them after COVID-19 finally blows over.

The funds you raise for this event have always been vitally important to families and individuals living with mental health challenges in our communities. But this year, your NAMIWalk fundraising and support is critical to helping your family, friends, neighbors, and communities recover from our shared trauma.

*Be Safe & Take Care,
The NAMI Ventura County Team*