



Chalice  
COMMUNITY FORUM

## Community Cares Building Resilience and Wellness

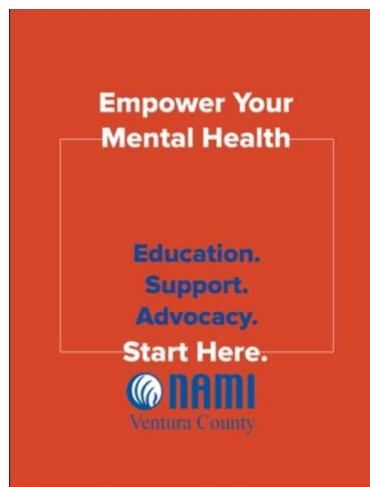
with

### NAMI Ventura County

National Alliance on Mental Illness – Ventura County

Friday, August 20<sup>th</sup> – 7:00 p.m. PT (via Zoom)

Program is Free, Registration is Free



#### Learn about:

- **Mental Wellness**
- **Mental Health Diagnoses**
- **Treatment Strategies**
- **Self-Care Skills**
- **Communication Skills**
- **Community Resources**

NAMI's Ventura County's Community Cares is a program designed to introduce evidence and experience-based mental health education with a focus on wellness, recovery, and hope. Healthy minds build strong communities. We all live with complex stress: work and home life balance, technology and over-connection, and alarming news headlines daily. Learn skills to support mental wellness, recognize mental health concerns early, and how to respond.

Please register in advance here:

<https://bit.ly/ChaliceCFCommunityCares>

Our Mission: *To nurture spiritually courageous people who transform the world through justice and compassion.*

OUR PROGRAM IS FREE BUT DONATIONS ARE GRATEFULLY ACCEPTED

Chalice Unitarian Universalist Fellowship of the Conejo Valley  
3327 Old Conejo Road, Newbury Park  
forum@chaliceuu.org