



Community Cares

Bouncing back from life's curveballs takes skills. Resilience is built from a foundation of self-awareness, self-care, and communication. Take action today to empower your mental health.

Build Resilience. Prioritize Wellness.

NAMI Ventura County's Community Cares is a 90-minute program designed to introduce evidence and experience-based mental health education with a focus on wellness, recovery, and hope. Trained facilitators have personal experience navigating mental illness and recovery.

Empowerment is

Healthy Minds. Strong Communities.

Learn About:

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

Who benefits from Community Cares?

Everyone. Healthy minds build strong communities. We all live with complex stress: work and home life balance; technology and overconnection; and alarming news headlines daily. Every single person can benefit from building skills designed to support mental wellness. Recognizing mental health concerns early and knowing how to respond is key to keeping our minds and communities healthy.

UPCOMING WEBINARS FOR FALL 2021:

- **MONDAY, OCT. 18 6:30-8:30PM**
- **WEDNESDAY, NOV. 3 6:30-8:30PM**
- **SATURDAY, NOV. 20 10AM-12PM**
- **TUESDAY, DEC. 14 6:30-8:30PM**

Visit www.namiventura.org/classes to register or call 805-641-2426 to schedule a presentation for your business or community group.

Made possible through the California Mental Health Services Act
and Ventura County Behavioral Health.



PROGRAM IS FREE, REGISTRATION IS REQUIRED

Empower Your Mental Health

Education.

Support.

Advocacy.

Start Here.

