Join us for

Wellness Wednesday at the Ashland Family YMCA!

NAMI presents another in the “Ending the Silence” Series:

Ending the Silence: A Family Perspective of Living with Mental Illness

In this engaging presentation, father and daughter team Brice and Emily Perkins (NAMI Volunteers) help audience members learn about the signs of early onset mental health conditions as well as what steps to take if your loved one experiences symptoms of suicide. Ending the Silence features an Ashland father and daughter team who each bravely share their journeys through crisis, support, healing and recovery. Audience members are invited to ask questions to gain a healthy understanding of an often-misunderstood topic.

*(Studies report this presentation is effective in changing middle and high school students’ knowledge and attitudes regarding mental health conditions and toward seeking help for themselves and others!)

Presenter Bio:

Brice and his wife Carol have been residents of Medford for 20 years. They were first introduced to the National Alliance on Mental Illness in 2015 when they attended a Family to Family class which is an educational program for family members of individuals facing mental health challenges. Brice and his daughter Emily have been presenting the NAMI program, “Ending the Silence” in a wide variety of venues here in the Rogue Valley for approximately a year and a half.

Day/Time: Wednesday June 26, 2019 @ 12:00 pm noon

Location: Ashland Family YMCA, 540 YMCA Way, Ashland, OR

Cost: FREE for YMCA Members

$5.00 Community (photo ID Required)

Pre-registration is required as seating is limited. Please register online @ http://www.ashlandymca.org/Page.asp?NavID=285 or at the front desk.

For more information, contact Jami Hanna @ 541.482.9622x502 if you have any questions.