

# NAMI SMARTS for ADVOCACY

**Make a difference. Advocate.**

(from the Latin word, "vocare"—to call, voice or speak)

**NAMI Smarts for Advocacy** is a hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy. Learn new and effective advocacy skills!

**For more information or to RSVP contact Marcel Harris at (916) 567-0163 Ext. 107 or via email at [marcel@namica.org](mailto:marcel@namica.org)**

## AGENDA

**9:30-9:45 – Welcome & Overview**

**9:45-11:30 – Advocacy Training:**  
Telling a compelling story that is inspiring and makes an “ask” in 90 seconds ..

**11:30-12:00 - Lunch (provided)**

**12:00-1:00 – MHSA Panel:**  
County Representatives

**1:00-2:30 Advocacy Training:**  
Writing an effective email, making an elevator speech, and making an impactful phone call

**2:30-3:00 - Wrap Up**

**Make your voice heard... Join the training today!**

**Date:** January 25, 2016      **Time:** 9:30-3:00 PM

**Location:** Volunteer Center of Sonoma County

153 Stony Circle, Classroom A

Santa Rosa, CA 95401

**Space is limited so RSVP today!**