



NAMI

National Alliance on Mental Illness

Montgomery, Fulton and Hamilton Counties

FAMILY WELLNESS SERIES

**4 Thursday Evening Presentations
Celebrating May as Mental Health Month**

FREE

6:30 – 7:30 pm

May 5

“United We Stand, Overcoming Stigma”

Becky Cardinale, CPRP
NAMI-MFH President

May 12

“Mindfulness Practices for Mental Health”

Lisa Temoshok
Kripalu Yoga Instructor

May 19

“Being Our True Selves, Affirming Our Identities”

An LGBT Discussion
Kevin O’ Keeffe, LMSW

May 26

“Basic Benefits and Legal Planning for People
with Special Needs and their Families”

Tara Anne Pleat, ESQ.
with Wilcenski & Pleat Attorneys at Law

Held at:
2390 Riverfront Center
Amsterdam, NY 12010



(518) 843-3261

*BECAUSE ...
MENTAL ILLNESS IS TOO ROUGH A JOURNEY,
TO GO IT ALONE.*