



NAMI Westchester has been very busy the first week of May honoring Mental Health Awareness Month with the following events:

***Awareness Ribbons** were placed in approximately 30 municipalities throughout Westchester County during the weekend of May 1. Many young people helped this year including the Croton on Hudson Boy Scout Troop.*

***Flag Raising** at Yonkers City Hall. This has become an annual event and our fourth year.*

*We were part of a **community collaboration** with Westchester Dept. of Community Mental Health, MHA of Westchester, Human Development Services of Westchester and The Harris Project for the showing of the movie "No Letting Go." More than 200 people attended this event. The movie is about a local family and their struggles to get help for their mentally ill son. At the end of the movie, there was a panel discussion on how to get help especially in Westchester County. Pictured is the Planning Committee Eli Silverman, Barbara Bernstein, Kathy Pandekakes, Sharon McCarthy, Randi Silverman, Doris Schwartz, Carine Rusi, Michael Orth and Stephanie Marquesano.*

***Parent & Teachers As Allies** was presented at Ossining Staff Development Center and The Ursuline School in New Rochelle.*

A.B. Davis Middle School had four Ending the Silence presentations. There are 12 more presentations scheduled for May in Valhalla, New Rochelle and Mt. Vernon. Since bringing this program to Westchester County, NAMI Westchester has been to approximately 20 schools/youth programs and reached more than 3,075 students.

***In Our Own Voice** presentations were done at four locations this week with eight more scheduled for this month.*

***Family to Family** - Our Thursday night Family to Family class held their graduation celebration on May 5. The Saturday class will be graduated on May 14. We had a total of 23 people participate this spring.*

***NAMIWalks Westchester** - Our fourth annual walk will be held on Saturday, May 21. We have exceeded our sponsorship goal with 50 sponsors contributing \$36,000. To date, we have 227 registered walkers, with 50 teams. We are running*

contests and have prizes to be awarded, including a social media contest, see photo. Will you be in Westchester on May 21? Join us!
www.namiwalks.org/westchester. Contact Marie Considine at namiwalks@namiwestchester.org or 914-258-7613.