



## PRESENTS



### An Important Conversation for Middle School Youth, High School Youth and Parents

Sunday, December 17, 2017, 1:00-2:00pm at the  
First Unitarian Society of Westchester  
25 Old Jackson Avenue, Hastings-on-Hudson, 10706  
directions at [fusw.org](http://fusw.org) \*site contact is Tracy Breneman, [dretracyb@gmail.com](mailto:dretracyb@gmail.com)

Sunday, January 7, 2018, 1:00-2:00pm at the  
Unitarian Universalist Congregation of the Hudson Valley  
2021 Albany Post Road, Croton-on-Hudson, 10520  
directions at [uucroton.org](http://uucroton.org) \*site contact is Jane Podell, [janepodelluu@gmail.com](mailto:janepodelluu@gmail.com)

Friday, January 26, 2018, 7:00-8:00pm at the  
Unitarian Universalist Fellowship of Northern Westchester  
236 South Bedford Road, Mt. Kisco, 10549  
directions at [uufellowship.org](http://uufellowship.org) \*site contact is Tracy Breneman, [dreuufnw@gmail.com](mailto:dreuufnw@gmail.com)

Youth, would you know how to recognize signs of distress in a friend and how to encourage them to find support? Would you know where to turn for support if you are feeling distressed? Parents, would you know how to approach your youth if you are concerned about them? NAMI's Ending the Silence is designed to give youth and parents an opportunity to learn about mental illness and foster communication. The presentation includes an informative PowerPoint, short videos, a presentation from a young adult living with a mental illness, and a question and answer period. Youth and parent sessions will be offered concurrently in separate rooms. It is the same program on three dates. We invite you to choose the date and location that work for you. Please invite friends.

For more information on NAMI Westchester and/or this program please call our offices at 914-592-5458 or visit our website at [www.namiwestchester.org](http://www.namiwestchester.org)

\*In the event of inclement weather, email the site contact to find out if the program is canceled. RSVP in advance with the site contact to receive notice.