



Were you or your family affected by the Flood?

Recovery from the flood can be difficult. What are the steps taken to ward off stress from this type of crisis? What do you, your family or children need to move forward? A flood can impact you and your family at all levels. How can you and your family talk and deal with stress during this recovery period. Your mental health is an important step in recovering from the flood. Come learn what you can do against the stress, depression and other concerns.

NAMI Colorado continues to lead our families impacted by mental illness on the road to recovery through advocacy, education, and support. In keeping with this goal, and leaving no families behind, we are offering an educational program specially designed to meet the cultural and linguistic needs of our Latino families in Colorado.

This educational program is unique in its content and delivery. *Caminantes de Colorado* is in Spanish with great attention being placed on the influence of cultural values and special needs of the Latino families residing in Colorado.

The content of this educational program has been condensed into four, 2 hour sessions to meet the time restrictions of families. Families completing this program leave with an overview of the common mental health disorders, treatment, and services offered in the state of Colorado.

This educational training is open to all Spanish speaking flooded affected survivors in Boulder, Weld and Larimer Counties.

Date: July 16, 23, 30 and August 6

Time: 9:00 am-11:00am

Location: Children and Youth Resources, 1050 Lashley St. Longmont

Free childcare is available for all participants

For more information or to sign up, please contact: Catherine Benavidez-Clayton at 303-403-0515 or email: cclayrn@msn.com

The mission of the National Alliance on Mental Illness (NAMI) Colorado is to build communities of recovery and hope by educating, supporting and advocating for individuals affected by mental illness and their families. NAMI is a nation-wide American advocacy group, representing families and people affected by mental illness. NAMI has its national headquarters in Arlington, VA and has affiliates in every state and in thousands of local communities in the country. NAMI's mission is to provide support, education, and research for people and their families living with mental illness through various public education and awareness activities.

Thank you to the American Red Cross for funding this opportunity.