



**NAMI Connecticut**

**Walk**

Stepping Towards Hope & Wellness

***Families and friends rally together to raise awareness  
for a mentally healthy Connecticut.***

**MAY IS MENTAL HEALTH AWARENESS MONTH!**

**Come and Celebrate with Us!**

Join NAMI Connecticut on Saturday, May 21, 2016 as we RAISE AWARENESS about mental health and mental illness! When 1,000+ people converge at our Annual Walk every spring, we are reminded that WE ARE NOT ALONE.

**The event is FUN for the whole family. It features a live band, special guest appearances, giveaways, free food, and activities for kids, including meeting (and taking selfies with) the Hartford Yard Goals mascot!**

**Location:** Bushnell Park, in Hartford, CT (on street parking available near the Capital)

**Date/Time:** Saturday, May 21, 9am - Noon

***We hope to see YOU there!***

For more information, call NAMI Connecticut at (860) 882-0236,  
or visit: <http://classy.org/Walk2016>