

# You Are Not Alone

## THINK YOUTH It's Our Future

#### Community Participation THROUGH

- Community Education
- Community without Stigma
- Community Empathy
- **Community Participation**
- Community constituencies in a collaborative to enhance youth supports and services.
- A community supporting our next generation – our future.



#### Promoting Mental Wellness for Cape Cod & the Islands

ALL PROGRAMMING IS FREE OF CHARGE

5 Mark Lane, Hyannis, MA 02601 • 508-778-4277 info@namicapecod.org • www.nami.org/sites/capecod



## You Are Not Alone

## BE KIND To Your Mind

### **Youth Participation**

THROUGH

- Youth focusing on their needs.
- Youth reaching out to Youth.
- **Youth Mentoring Youth.**
- Youth Expressing feelings and needs through the use of creative media.
- Youth communicating with the larger community.
- Youth entering adulthood with the confidence and tools needed.



### Promoting Mental Wellness for Cape Cod & the Islands

ALL PROGRAMMING IS FREE OF CHARGE

5 Mark Lane, Hyannis, MA 02601 • 508-778-4277 info@namicapecod.org • www.nami.org/sites/capecod



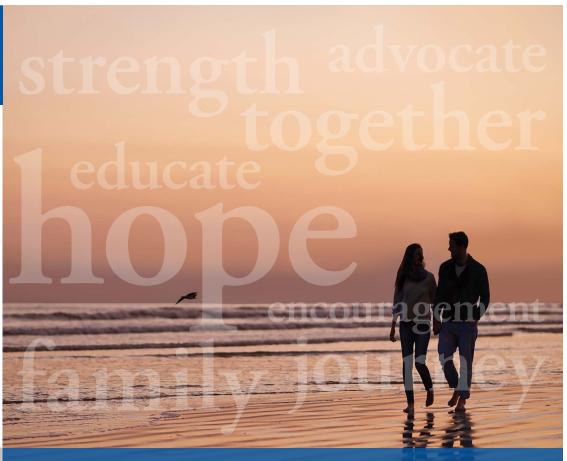
### NAMI CC&I YOUTH INITIATIVE

A COLLABORATION BETWEEN THE CAPE AND ISLAND COMMUNITY AND OUR YOUTH

#### **The Mission and Vision**

- To render the Cape and Islands an educated community with awareness of the mental health and wellness needs of our youth
- To develop a responsive continuum of care to support those needs
- A community of people and institutions, knowledgeable, responsive and sympathetic to the mental health needs of our youth from birth to adulthood

For Information & Resources (508) 778-4277 info@namicapecod.org



Education Support Advocacy

# namicapecod.org