

# YOUTH MENTAL HEALTH WELL-BEING GATHERING

A VIRTUAL EVENT!

INVITING ALL COMMUNITY MEMBERS TO TUNE IN  
& JOIN IN ON MAY 7, 2020 AT 4:30 P.M.

JOIN US BY LOGGING ON TO NAMI SAN  
DIEGO'S FACEBOOK PAGE:

**DATE:** THURSDAY, MAY 7, 2020

**TIME:** 4:30 to 5:30 P.M.

**LOG IN:** <https://bit.ly/NAMISD-FB>

***This event will include an art project for all ages!***

*Art is often used as a coping skill to promote well-being, and can be a wonderful outlet during the COVID-19 quarantine.*

**Directions:** Everyone is invited to submit art work, being a drawing, painting, poem, music video, etc. It can be done anonymously, but please indicate if submission is from a child, teen, or adult. Please submit the art to: [cyfliaison@namisad.org](mailto:cyfliaison@namisad.org) by May 4, 2020 to be featured at the May 7, 2020 event. Submissions will continue to be collected throughout May 2020 for a final art slide show product. *All submissions will be featured on NAMI San Diego's CYFL website page!*

***See you and your family online on May 7!***