

Virtual 2021 NAMIWalks San Joaquin County

Saturday, May 22, 2021

It has been another challenging year, and the mental health needs are at their greatest. One in three adults in the U.S. are experiencing symptoms of anxiety or depression, and one in five are experiencing mental illness. Together with NAMIWalks participants across the country, Northern California, and San Joaquin County, support and join us virtually in the 2021 NAMIWalks Northern California.



Why do we fundraise?

- Provide free, quality educational classes & support groups to both individuals with mental health conditions and their families.
- Provide free educational programs to care providers.
- Advocacy to improve the lives of individuals with mental illness.
- Support research/understanding of brain disorders.
- Sponsor community speakers on mental health-related topics.

What is a virtual walk?

You have the flexibility and creativity to choose your own activity such as walking your dog, exercising, meditating, gardening, golfing, and cooking in your home, backyard, neighborhood, or wherever you are and to share online with friends and families.

How do we register? Click to start a team or to donate. <http://namiwalks.org/northernCalifornia>

How do we start a team?

Before registering as a team captain, decide on your team's name and your individual and team fundraising goals. Then customize your fundraising page and invite your friends and families to join. To register as a team member, choose a team and ask others to support you. Team captains who register by March 13th will receive pop socket for their cell phone. Registered participants who raise or self-donate \$100 will receive a T-shirt.

Click here for You tube video of 2020 NAMIWalks. <https://youtu.be/dXc-00G32zE>