



National Alliance on Mental Illness

Charlotte

Sharing Hope

Supporting Mental Health in
the Black Community



DECEMBER 4

Join us as we pause before the holiday rush and discuss what it means to be mentally well.



JANUARY 8

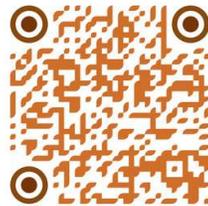
Let's destress, unpack our emotions, and start 2026 ready for mental wellness all year long.



FEBRUARY 5

We will honor the past and empower our future with knowledge, resources, and community care.

5:30PM-7:00PM



Food Provided

REGISTER NOW



[704-680-6677](tel:704-680-6677)



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www.namicharlotte.org