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**"Honest, Open and Proud”**

**Atlas Mill Café**

**425 W. Water Street, Appleton**

**Saturday, March 7, 2015**

You are invited to a *FREE* training for NAMI Fox Valley Speaker Advocates and Educators!

Join together to explore the decisions we make when we talk about our stories related to mental illness and recovery. Explore how to be prepared on the path from isolation to advocacy.  
**Schedule**

8:30 – 9:00am Registration and Networking

9:00-9:30am **Welcome& NAMI Fox Valley Updates: Beth Clay**

9:30- 10:30am **Lesson 1.  What Story Do You Tell Yourself? And Considering the Pros and Cons of Disclosing**

Do you identify yourself as a personwith mental illness or have a family member living with a mental health condition?  
Secrets are part of life  
Considering the pros and cons of disclosure  
Presenters: Sue McKenzie, Director, Rogers InHealth& Tracy Aliota,Community Outreach Coordinator

10:30-11:30am **Lesson 2.  Levels and Considerations of Disclosure**

Different ways to disclose  
To whom might you disclose  
How might others respond to your disclosure  
Presenters: Sue McKenzie, Director, Rogers InHealth & Tracy Aliota,Community Outreach Coordinator

11:30 -12:30pmLunch provided

12:30 - 1:30pm **Lesson 3.  Re-visiting the story you have been telling**

How to tell your story  
Honest, Open and Proud through SOLIDARITY and peer support

Putting it all together

Presenters: Sue McKenzie, Director, Rogers InHealth & Tracy Aliota,NFV Community Outreach Coordinator

1:30-1:45pm **Break**

1:45-3:15pm **Lesson 4. Sharing YourStory through Education and Advocacy Presentations**

NAMI 101 and Recovery   
Mental Illness 101  
NAMI Talks Speaker’s Bureau

Presenters: Paula Verrett, NFV Recovery Specialist &Ann Jadin,NFV Community Engagement Director

3:15 -3:30pm Wrap Up, Q&A and Evaluations**……………………………………………………………………………………………………………………………………………**

**NAMI Fox Valley Speaker Training Registration**

**Saturday, March 7, 2015 at Atlas Mill Cafe, Appleton**

**Contact: Ann Jadin (920)954-1550 or ann@namifoxvalley.org**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**E-mail**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Number attending full day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(*Registration deadline February 25, 2015 and send form to: NAMI Fox Valley, 211 E. Franklin Street, Appleton, WI 54911***