



“May” is Mental Health Month; and AAMHI will be kicking it off early!!!!

It is with great excitement that AAMHI invites YOU to join us for our 3rd ANNUAL MENTAL HEALTH WALK and VILLAGE TALK, to be held on Saturday, April 29, 2017 at the beautiful Unity Plaza, as we take a scroll down by the Riverside!!!!

There is a song that says, **“I believe that children are our future....teach them well and let them lead the way....show them all the beauty they possess inside..... and give them a sense of PRIDE.....Let the children's laughter... remind US of how we use to be”**.....It is for this reason, that the **Theme for this Year's Walk is “Let the Children Laugh”**. Over the past several months, we have seen an increase of epic proportion in bullying, depression, suicide, and gun violence, in our Schools and Communities!! The African proverb by Igbo & Yoruba says, “It Takes a Whole “VILLAGE” to Raise a Child”!

We **ALL** have different levels of **COPING**; and sometimes, for our children, trying to verbalize their feelings are very difficult. As parents and caregivers, we must get educated on the warning signs and red flags that so oftentimes can be minor; but if left untreated, can become detrimental.

It is for this reason, that AAMHI is bringing back, by popular demand, as our Keynote Speaker for the day's event; Dr. Jim Whited. In February, Dr. Jim was our guest speaker, and spoke from his heart about the plight of the children in our Community. As a Board Certified Advanced Registered Nurse Practitioner specializing in Emergency, Family and Mental Health Medicines, Dr. Jim currently works with both adults and children in the areas of mental health. He provided participants with facts and tangible suggestions that left EVERYONE in attendance “fired up” and ready to “stand up” and Walk for the most “precious assets”, not only in a parent's life, but in our SOCIETY!!!! [Note: to see excerpts from Dr. Jim's presentation – please go to <https://www.facebook.com/jim.whited/videos/10210235831744989/>]

We will have various experts and professionals from throughout the Community to share information and resources regarding Mental Health. There will be **Mental Health Vendors; Blood Pressure Screenings; Massage Therapist, Acupuncturist, as well as Raffle & Door Prizes; Kids Play Area, Entertainment and more!**

AAMHI looks forward to seeing YOU, as we Walk, Talk and “LAUGH” the day away --- **“DOWN BY the RIVERSIDE”!!! Register today at <https://mentalhealthwalk2017.eventbrite.com>.**

AAMHI would like to THANK the Delores Barr Weaver Foundation for your continued support, as well as the support of our Community. If you would like to be a Sponsor or Vendor please contact (904) 479-6741.

God Bless, and don't forget to AIM-HIGH in all you do!!!!

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