



Personal Stories of  
**Hope and Recovery**  
Sunday, January 29<sup>th</sup>,  
2012

12:30 – 2:00 PM English  
2:30 – 4:00 PM *Español*  
St. Mark's Lutheran Church  
Fellowship Hall  
5800 Backlick Road,  
Springfield, VA

St. Mark's Ministry has invited NAMI presenters to share their personal experiences living with a mental illness.

Light refreshments will be served.

**All are welcome to attend this FREE public education program!**

 **NAMI** Northern Virginia  
National Alliance on Mental Illness

NAMI-Northern Virginia is a non-profit, membership and volunteer-based organization that provides education, support, and hope to individuals with mental illness and their family members and friends.

To learn more about NAMI-NoVA or to become a member, visit our website:  
[www.NAMI-NorthernVirginia.org](http://www.NAMI-NorthernVirginia.org)

or e-mail us: [NAMINorthernVA@gmail.com](mailto:NAMINorthernVA@gmail.com)