

Earth Day April 22, 2023



Do you enjoy the outdoors?

Do you like to feel good about helping out?

Would you like to make a difference in your community?

Do you want to meet other people who like the same things?

Join NAMI Schenectady in honoring **Earth Day, April 22, 2023**. We are planning activities now. Ideas include:

- A Litter clean up
- Planting a small garden

To learn more, contact us at **(518)-986-9114**

This is a Free Activity for Peers in Recovery from Mental Illness, Their Friends and Families.