



NAMIWalks NJ *Your Way*

Saturday, September 26

NAMIWalks New Jersey has to be a little different this year. Please be assured: We're *not* canceling this annual event. We wouldn't think of it when our collective mental health needs are at their greatest.

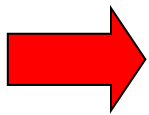
NAMI's mission is more crucial than ever. With your help, we will raise sufficient funds to support NAMI's programs and increase awareness of mental health.

On **Saturday, September 26**, NAMIWalks NJ 2020 will be a virtual experience. NAMIWalks *Your Way* means what it sounds like: participants get to make NAMIWalks their own as Virtual Walkers. In past years, Virtual Walkers were those who didn't attend the actual Walk Day in person and instead celebrated their accomplishments by doing something else to raise funds and promote mental health awareness. **This year, everyone is a Virtual Walker! Join us that day by posting to #NAMIWalksNJ2020**

To **Donate Online** to the **NAMI Sussex** team, please Google "NAMI Walk NJ" or click here:

<https://www.namiwalks.org/team/namisussex> 

- Please be sure to select "NAMI Sussex" as your team!
- Learn [here](#) how to register and join the NAMI Sussex Team.
- Questions? Please contact our NAMI Sussex Team Captain, Annie Glynn, by emailing nami.sussex@gmail.com.



To donate by mail to this year's NAMIWalk:

Mail your check payable to "NAMI NJ" to:

NAMI Sussex, P.O. Box 652, Sparta, NJ 07871

Please write "Walk" or a Walker's name in the memo line of your check. Thank you!

However you choose to support this year's NAMIWalks, you will be helping NAMI's dedication to eradicate mental illness and to improve the quality of life for those diagnosed with the illnesses and their families.

NAMI NEEDS YOUR SUPPORT!!



Contact us: P.O. Box 652, Sparta, NJ 07871
(973) 214-0632 · nami.sussex@gmail.com
www.nami-sussex-nj.org