

# Ninth Annual NAMIWalks Silicon Valley Takes Place This Saturday in History Park

*Annual event benefits NAMI Santa Clara County's mental health programs*

SAN JOSE, CA, UNITED STATES, October 5, 2024 /EINPresswire.com/ -- The local affiliate of the National Alliance on Mental Illness, NAMI Santa Clara County, will hold its annual fundraiser, NAMIWalks Silicon Valley, this Saturday, October 5, in San Jose's History Park. Expected to draw over 1,000 participants, the walk is NAMI Santa Clara's ONLY fundraising event, providing critical unrestricted funds to support its free programs for those dealing with mental illness as well as their families, including education, support groups, a Helpline, and its unrivaled Community Peer Program.



The banner features a photograph of a group of people walking through a blue and white balloon archway. To the right of the photo is a blue box with white and green text. The text reads: 'NAMIWalks SATURDAY Silicon Valley OCTOBER 5TH 2024 Event Time: 8:00am - 1:00pm PT HISTORY PARK • 635 PHELAN AVE. • SAN JOSE 95112'. On the far left and right sides of the banner, there are vertical green buttons with white text that say 'CLICK TO REGISTER'. Below the banner, the text 'NAMIWalks Silicon Valley Details' is displayed. At the bottom of the complex block, there is the NAMI logo (a stylized blue and green wave) followed by the text 'NAMIWalks' in blue and green, and a small logo for 'MENTAL HEALTH for all' in a blue box with green text.

NAMIWalks Silicon Valley Details



NAMIWalks: Mental Health For All

“

In my three decades of clinical practice, I have relied on NAMI again and again as a beacon of light for people with mental illness and their families.”

*Dr. Anna Lembke, Event Chair*

“In my three decades of clinical practice, I have relied on NAMI again and again as a beacon of light for people with mental illness and their families,” says this year’s annual event chair, Dr. Anna Lembke, Chief of Stanford’s Addiction Medicine Dual Diagnostic Clinic. “NAMI is not just a source of valuable, hard-won information, but also a de-stigmatizing, de-shaming community that heals as well as informs.”

Keynote Speaker, Santa Clara County Superintendent of

Schools Dr. Mary Ann Dewan, adds, “Coming together in forums like NAMIWalks gives us an opportunity to talk about a matter that affects each and every one of us: mental health. As a parent, educator, and education leader, I see how young people and families are impacted. Good mental health allows us to thrive, to face challenges with resilience, and to enjoy life.”

The ninth annual NAMIWalks Silicon Valley begins at 8:00 a.m. on Saturday, October 5th in San Jose's History Park with registration and a short program featuring speakers and a ceremonial release of doves to commemorate those who have lost their lives to mental illness. A countdown

kicks off the walk at 10:30 a.m., followed by festivities including sponsor tents, team photos, a social media photo booth, a Kids Zone, and food trucks. Live music from Night Owls will play on the Main Stage. In addition, all San Jose History museums will be open, including gift shops and O'Brien's Ice Cream Shop.

NAMI Santa Clara County is the largest NAMI affiliate in Northern California, and all money raised by NAMIWalks Silicon Valley stays in Santa Clara County. Organizers have set their sights on raising \$300,000, approximately \$120,000 of which has already been committed by event sponsors, including longtime supporters and Presenting Sponsors Virginie and John Mitchem, and Meir and Navah Statman. Participants can walk individually or in teams and earn prizes, ranging from event T-shirts to LCD projectors and AirPods, for the money they raise. The fundraising period is open through December 5th.

To join NAMIWalks, visit [namiwalks.org/siliconvalley](https://namiwalks.org/siliconvalley). There is no registration fee, but fundraising is encouraged.

#### EVENT DETAILS

When: Saturday, October 5, 2024  
8 a.m. - 1 p.m.

Where: History Park  
[635 Phelan Ave.](#)  
San José, CA 95112

Terry Downing  
PRxDigital  
+1 408-838-3705  
[terry\\_downing@prxdigital.com](mailto:terry_downing@prxdigital.com)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/747894798>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.