



# Schedule of Virtual Event

## Saturday, October 3, 2020

Join us throughout the day - our virtual event programming will be available on our social media platforms.  
 (We'll also provide updates throughout the day at [www.namivt.org/walk/LIVE](http://www.namivt.org/walk/LIVE))

**Follow along with this schedule to know when to tune in!**

Be sure to Like and Follow us on Social Media!



Facebook: [@NAMIVT](https://www.facebook.com/NAMIVT)



Instagram: [vt\\_nami](https://www.instagram.com/vt_nami)



Twitter: [@namivt](https://twitter.com/namivt)

### How Can You Participate Today?

- Like, Comment and Share our posts.
- Print out **Signs of Hope**, snap photos with these signs and share them on your social media.
- Take pictures or video of your activities and share them with us so we can post them on our Social Media Platforms. Email to [aperry@namivt.org](mailto:aperry@namivt.org) or tag NAMI Vermont on social media.
- Use our NAMIWalks hashtags when you post: #NAMIWalksVermont #NotAlone #MentalHealthforAll

Time of Day	Virtual Activity on Social Media Platforms
9:00 am	The schedule will be posted on all platforms.
10:00 am	What to Expect During Our Virtual Event Video
10:15 - 10:30 am	Social Media Posts and Videos 1. Yoga/meditation links to get you ready for your activity 2. What is NAMIWalks? Video 3. Welcome Video—NAMI Board President Shirley Holloway and CEO Daniel Gillison, Jr.
10:30 am	NAMIWALKS OPENING CEREMONY on Social Media 1. Greetings Video — NAMI Vermont Executive Director Laurie Emerson 2. Greetings Video — NAMI Vermont Board of Directors Chair Phil Blackburn 3. Welcome Video — Sarah Squirrell, Commissioner, Vermont Department of Mental Health 4. Welcome Video — David Rettew, MD, Child & Adolescent Psychiatrist, UVM Medical Center and Vermont Department of Mental Health 5. Event Day Information Video — NAMI Vermont Development Director Amy Perry

Time of Day	Virtual Activity on Social Media Platforms
10:55 am— 12:40 pm	Social Media Posts and Videos <ol style="list-style-type: none"> <li>1. NAMIWalks Vermont Rally Call Video</li> <li>2. Why I Support NAMI Vermont Video - Carmyn</li> <li>3. Sponsor Video - Blue Cross Blue Shield of Vermont, Josh Plavin, MD, Chief Medical Officer</li> <li>4. Why I Support NAMI Vermont Video - Mitzi</li> <li>5. Why I Support NAMI Video - Mayim Bailik (Actress, <i>Big Bang Theory</i>)</li> <li>6. NAMIWalks Support Video—Monica Villalta, NAMI Director of Diversity and Inclusion</li> <li>7. I Care Video - Connie</li> <li>8. Support NAMI VT Programs Video - Nick Martin, NAMI Vermont Program Director</li> </ol>
12:45 pm	<b>LIVESTREAM OF CAR PARADE</b>
1:55 pm	Fundraising Update post
2:00 pm	Social Media Posts and Videos <ol style="list-style-type: none"> <li>1. Why I Support NAMI Vermont Video - Mike and Sara</li> <li>2. Sponsor Video - Northeastern Vermont Regional Hospital, Andrea Willey, MSW, LICSW, Innovation Coordinator</li> <li>3. Become an Advocate Video - Jennifer Snow, NAMI Director of Public Policy</li> <li>4. Why I Support NAMI Vermont Video - Carolanne</li> <li>5. Pledge to be Stigma Free Video - Clark Gregg (Actor, <i>Agents of S.H.I.E.L.D.</i>)</li> <li>6. Vote4Mental Health this November Video - Brandon Graham, Sr. Manager, NAMI Advocacy and Public Policy</li> </ol>
3:20 pm	Fundraising Update Closing Remarks from NAMI Vermont Video - Laurie Emerson Closing Remarks from NAMI CEO Video - Daniel Gillison, Jr.

check back during the day for additional posts and videos submitted by participants, volunteers, fans of NAMI and others!