



February 1, 2024 - May 1, 2024

Appetizer

Mental Illness Monday Actions

- Attend one or more
- Sit with Mad Moms in the Gallery as Senator Miranda reads a Mad Mom story to drive home the need for change.
- Meet other Mad Moms!
- Arrive 12:30 pm, enter Senate Gallery at 1pm
- Ends by 1:30~1:45pm
- Get your Arizona Mad Moms T-shirt!

Main Course

Attend Bill Committee Days

- Attend a Bill committee hearing where you can sign up to speak and/or sit in the Gallery wearing your Mad moms t-shirt!
- Option: prepare a 2-min family testimony to read on the Senate or House committee floor.
- Meet other Mad Moms!
- Times and days vary
- Get your Arizona Mad Moms T-shirt!

Dessert

Support without leaving Home: Use RTS!

- A fun and easy way to support bills is to log comments and support for bills to improve Arizona's mental health system.
- You need an enabled Right to Speak (RTS) account.
- Log support for bills that are being heard in committee from home!
- Participate in other ways to support from home, such as joining the Welcome Team!

Buffet

Become a Mad Moms member!

- Do one or all of the activities
- Offer court support for a family navigating the system
- Receive an email newsletter.
- Attend Arizona Mad Mom's Bi-weekly general meetings.
- Spread the word about Arizona Mad Moms - tell your friends and family.
- Find support, build community!
- **EVERYONE AFFECTED BY SMI IS INVITED**