

*NAMI San Diego, Urban Area
Parents and Teachers as Allies
February 5, 2009 — 6:30 p.m.*

Program: NAMI's own mental illness awareness program for teachers and others in our schools. You will see the program just as it is presented in our schools.

Speaker: Jean Selzer, Paul and Linda Love, and Julie Benn. True to the program model, the speakers represent an educator who has become knowledgeable about mental illness, a Family-to-Family teacher, an individual living with mental illness who experienced the onset during his/her school years, and a parent whose child's experience of mental illness began during school years and required the assistance of the school system as well as that of a mental health professional.

University Christian Church
Friendship Hall
3900 Cleveland Ave.
San Diego, California

Schedule:

- 6:30 p.m. - Ask the Expert
- 7:15 p.m. - Program
- 8:30 p.m. - Tea and Comfort



How Can I Help NAMI San Diego?

Due to the current economy, please help us save trees and money on printing and postage by stopping your paper newsletter and signing up for our e-newsletter. The e-newsletter comes with a weekly reader on important county wide meetings and it has additional information that sometimes doesn't make the paper newsletter.

How do I stop my paper newsletter?

E-mail information@namisd.org to let us know
Request to be signed up for E-newsletter

NAMI San Diego is going GREEN FRIENDLY!

New members/renewals will receive paper newsletter only when requested. Find out why our e-newsletter is so great!

*NAMI San Diego, North Inland
Recovering Me, Discovering Joy:
Uplifting wisdom for every day greatness
February 10, 2009—7:00 p.m.
Kinesis North, 474 W. Vermont, Escondido, CA*

Local author Vivian Eisencher will share her personal experiences with social anxiety, depression and alcoholism. Her upbeat approach provides insights, tips for rediscovering blessings and gratitude, and six foolproof ways to ignite joy.

Directions: ESCONDIDO. From Center City Parkway go east on Felicita and turn right first light (Escondido Blvd). Turn right next light (Vermont). Kinesis North (474 W. Vermont) is on the right side almost at the end of the street.



**IOOV Spotlight
By Diana Waugh
IOOV Coordinator**

Happy New Year! We did "In Our Own Voice presentations" to 1,795 people in 2008- I'd like to share some of the comments from the audience.

"Thank you for your honesty and courage. I'd been afraid to talk about my mental illness before today."

"Thank you for giving me hope for my son's recovery."

"It was good to see people living productive lives even though they have a mental illness"

"Thank You...Thank You. You may have just saved the life of someone I love"

As you can see by these comments....IOOV changes peoples lives.

We will have an IOOV presentation at NAMI San Diego on Wednesday February 11 from 6:00-7:00 pm. Please invite your friends and family.

Reminder: Talk about IOOV at your church, work, and other organizations. We will be happy to talk to any group about our experiences with mental illness and recovery. Help us double the number of people who's lives can be changed by seeing an IOOV presentation.

Play with Jokers? You like Poker?
Do you Dabble with Scrabble?
You into Wii? So do We!

Want Us to Meet You? This is the
Venue!

We're starting early 'cause this is a
Big Shindig!

**See you in the June Education &
Advocacy Meeting for the Antics!**

**Food—Fun—Prizes—Games and
More!**

At the Big Church in
Hillcrest—Lots of Parking



Swing Lessons

Lost and Found?

We lost you and want
you to cash in on
your swing lessons.



Winner from
Inspiration Awards
Dinner contact: Wendy McNeill (619)
203-9572.

Sorry for dropping the ball.
Hopefully we're still hep to the jive.

**Suicide Prevention Program,
National Alliance on Mental
Illness, Survivors of Suicide
Loss, and Impact Young Adults**

**Saturday, February 28, 2009
9:00 AM - 3:00 PM**

Event location: Abraxas High School
12450 Glen Oak Road @ Pomerado
Road, Poway CA 92064

If you or someone you care about is
grappling with issues related to
mentalhealth - including PTSD - this
special forum offers an opportunity
to gain new insight and information
from experts and community leaders
in the field.

The day's events include a keynote
address by noted psychotherapist
Sara Gilman, MFT, plus breakout ses-
sions, panel discussions, and oppor-
tunities to have your concerns ad-
dressed and your questions an-
swered. As an added bonus, the day
will also feature live music, drama,
and an art exhibit and sale.

RSVP Now: Pre-register by: Thurs-
day, 2/26 and lunch will be included.
Email: CAHM@san.rr.com or call
858.395.3950 Include name, email
address and phone number.

You will need a confirmation re-
sponse to verify pre-registration. The
Forum and lunch are FREE if you pre-
register.

For more Forum info and updates,
visit www.cahealthyminds.com

Making It Happen

NAMI San Diego, a non-profit
organization, provides education,
support services, and advocacy to
improve the quality of life of everyone
affected by mental illnesses.

**NAMI San Diego is an affiliate of
NAMI and NAMI California**

Board of Directors:

- ▶ President - Louise Groszkruger
- ▶ Vice President - Wendy McNeill
- ▶ Past President - Sally Shepherd
- ▶ Treasurer - David Miller

Directors at Large

- ▶ Donald Berk
- ▶ Judy Wasik
- ▶ Angela Billing
- ▶ Lisa Ponfick, MD
- ▶ Gay Ames
- ▶ Karen Britt
- ▶ Liz Bernbeck

Medical Advisory Board

- ▶ Kristin Cadenhead, M.D., Chair
- ▶ Neal Swerdlow, M.D., Ph.D.
- ▶ Dan Sewell, M.D.
- ▶ Carol Matthews, M.D.

Executive Director

Bettie Reinhardt
exudir@namisandiego.org

**The NAMI San Diego Advocate
is a monthly publication of**

**NAMI San Diego
4480 30th Street
San Diego, CA 92116**

Telephones:

**(619) 543-1434 (Helpline)
(800) 523-5933 (Helpline)
(619) 584-5564 (Administration)
(619) 584-5569 (Fax)**

E-mail: information@namisd.org

Web Site: www.namisandiego.org

The NAMI San Diego Advocate

**Staff: Rita Navarro
Patrick Cremeens**

**Articles received by the 15th will be
considered for publication in the
following month's newsletter.**

*The opinions expressed in the
newsletter do not necessarily reflect
those of NAMI San Diego.*

**To register your opinion, call Bettie
Reinhardt at (619) 584-5567 or fax to
(619)584-5569 or email at
exudir@namisandiego.org or contact
any of the people mentioned in the
articles.**



*Education Corner
By Anita Fisher
Education Director*

Happy New Year!

We had a very productive year. Some of our highlights are; we added two new support groups - ECT Consumer and Criminal Justice Family, held six Family to Family classes with over 70 graduates, and held a Family to Family Teacher training. We have ten Family to Family classes scheduled to begin this winter/spring, and still need to have six more by the end of June 2009.

We already see the impact of the current economic downturn, donations are down...

This year I would like to ask any of you that have taken the Family-to-Family class course, to join or support the **FAMILY TO FAMILY STEPPERS** team at this year's annual NAMI San Diego Walk.

The tax deductible donations from our walk helps us continue to offer all of the Family and Consumer classes, support groups, and printed resource information, "FREE" of charge.

Even if you are not able to be there in person, you can go to our team page and make a personal donation, and send the link to family and friends to donate on your behalf.

The NAMI Walk will be on April 18, 2009-Balboa Park

TYPE IN THIS LINK TO REACH OUR WALK WEBPAGE:

www.nami.org/namiwalks09/SDC/F2FSTEPPERS

Upcoming Family-to-Family Classes

NAMI San Diego Helpline
To Register
(619)543-1434 or (800) 523-5933

English Class 2/5/09 - 4/23/09
Thursdays 6:00 p.m. - 8:30 p.m.
Gethsemane Lutheran Church
2696 Melbourne Dr. San Diego, CA.
92123

English Class 2/7/09 - 4/25/09
Saturdays 9:30 a.m. - 12:00 p.m.
New Creation Church
3115 Altadena Ave. San Diego, CA.
92105

Spanish Class 2/9/09 - 4/27/09
Mondays 5:30 p.m. - 8:00 p.m.
Maria Sardinias Clinic
3025 Beyer E-102 National City, CA.
92154

English Class 2/11/09 - 4/29/09
Wednesdays 7:00 p.m. - 9:00 p.m.
Rancho Bernardo Community Presbyterian Church
17010 Pomerado Road San Diego, CA. 92128

English-Veterans Family Focus 3/2/09-5/18/09
Mondays 7:00 p.m. - 9:00 p.m.
VA San Diego - Healthcare Patient Education Classroom Room 1493
3350 La Jolla Village Drive, San Diego, CA. 92161

English Class 3/4/09 - 5/20/09
Wednesdays 4:30 p.m. - 6:45 p.m.
Southeast Mental East Clinic
3177 Ocean View Blvd, San Diego, CA. 92113

English Class April '09 - June '09
Details TBA
Gateway Community Church
1451 Montiel Rd. Escondido, CA.
92026

Research Study

Would you like to take part in a research study that looks at quality of well-being and PTSD symptoms following traumatic limb loss sustained during Operation Enduring/Iraqi Freedom?

If you:

- Served in the theater of OEF/OIF combat;
- Have sustained one or more upper or lower limb traumatic amputation/s;
- And it's been at least a year since your injury...

You are invited to be in a research study.

- Your participation will include filling out three questionnaires that takes about 60 minutes.
- You will also be asked for permission to take your picture, but you do NOT have to if you choose not to.

A graduate nursing student researcher from the University of San Diego is looking for participants for this dissertation research study.

If you are interested and want to discuss or participate in this study;

Please contact:

Shelly R. Burdette-Taylor RN
PhD Doctoral Candidate
858-663-4150 mobile
Shelly@taylordhealth.com



*Another Kind of
Intimacy*
By Wendy McNeill

Bring on the love.



This is how many of us feel during February, the month of Valentine's Day, the month of love. We are looking for that bouquet from our significant other. Chocolate is not as desirable as jewelry, but we'll take it, calories be damned. Cards are nice, as long as we don't over-analyze the significance of "From" (vs. the anticipated "Love") scrawled at the bottom.

If we have no significant other, we don't feel as significant as those who do. We watch "Jerry McGuire" while squirting Reddi-Whip directly in our gaping maws and weep copiously when Renee delivers her immortal line, "You had me at 'Hello'." (I stole that from a scene in the Will Smith movie "Hitch.") Alternatively, depending on inclination, we play video Nintendo with buddies and pretend that it doesn't matter that we feel unloved, too.

We drown our sorrows as best we know how. Ultimately, the pervasive love-pressure around Valentine's Day is not simply holiday-

hot-air courtesy of Hallmark. It is real.

So what to do? Moreover, what do we do when our feelings of unlovedness, or isolation, or pain, or struggle are so much more profound than the trivia of just one fleeting day? What do we do then, when the pressures of February are just slightly greater than the pressures of every month out of every year?

Well, I, of course, do not have the answers to these questions. But I did acquire a bit of insight just the other day. While thoughts of relationships are fresh in our minds, I want to share what we might do to inch ourselves a bit farther forward in the journey of recovery.

"...the most loving thing we can do for someone this month is just to be available to listen."

I had the great fortune to attend NAMI's Education and Advocacy meeting on Thursday, January 8th, 2009 at the University Christian Church in Hillcrest. That evening, I heard a magnificent lecture by Captain Paul Hammer, a prominent psychiatrist with the Navy. The focus of his talk was PTSD, Post-Traumatic Stress Disorder.

I was fascinated by one of Captain Hammer's core concepts, "mature intimacy," not only for its accuracy in describing treatment for PTSD, but also because I felt it was applicable across the spectrum of mental illness. In fact, it seemed to me that this notion of mature

intimacy was the central component of the therapeutic process.

My approximate definition here, "mature intimacy," to differentiate from "love," requires the individual with PTSD to confront pain, a by-product of profound psychological trauma, on a personal level, and then allow another person to witness that pain. In other words, after the individual with trauma faces the pain of his/her inner life, it is necessary to unburden him/herself of it with another. At this point, the person with trauma can begin healing from it.

This is easier said than done, of course. Facing oneself takes incredible courage and often considerable amounts of time, and letting someone in is as hard or harder. It is important to note, however, that healing does not happen otherwise. No one recovers in a vacuum.

So, according to this description of mature intimacy, perhaps it is safe to say that the most loving thing we can do for someone this month is just to be available to listen. We can foster an atmosphere where vulnerability is OK. We can be gentle enough with ourselves to do some healing, too, and let some of our demons out, even if it's just the little ones at first. And despite our plans for Valentine's Day, we can stick together, roses notwithstanding.

And if you want, it's still OK to cry over "Jerry McGuire."

Meeting Schedule and General Support Groups

NAMI San Diego

FREE mtgs. & open to the Public.
Phone #'s provided if more information is needed.

NAMI San Diego Support Group

3rd Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI San Diego Office
4480 30th Street
San Diego, CA 92116
Call (619) 543-1434 or
(800) 523-5933

Clairemont NAMI Support Group

2nd Monday, 7:00 - 8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton Street
San Diego, CA 92110
Call Joan Williams at (858) 274-3716

La Jolla NAMI Support Group

1st Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church
7715 Draper Ave.
La Jolla, CA 92037
(Life Center Building, Rm 9, Upstairs)
(Park on Draper, go up steps, turn left
and go into building facing you, climb
stairs and turn right, follow short hall until
come to room.)
Call (858) 457-5057

Rancho Bernardo Support Group

3rd Tuesday, 7:00 - 8:30 p.m.
Rancho Bernardo Community
Presbyterian Church
17010 Pomerado Road
San Diego, CA 92128
Call Ellie Taylor (858) 485-0703 or
Judy Mapston (858) 603-4085

Criminal Justice Family Support Group

3rd Thursday, 6:00 p.m. - 8:00 p.m.
Spring Valley Youth & Fam. Coalition
3845 Spring Dr. Room 31
Spring Valley, CA 91977
Call (619) 543-1434 or
(800) 523-5933

Sibling and Adult Children's Group

2nd Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the Westfield (UTC) Mall
San Diego, CA 92122
Call Michelle Cauble at
(858) 756-3140

Spouses of Persons with the Diagnosis of Bipolar Disorder

3rd Tuesday, 6:30 - 8:00 p.m.
Clairemont Lutheran Church
(Luther Hall, Room 2 on the 1st Floor)
4271 Clairemont Mesa Blvd.
San Diego, CA 92117
Call (858) 273-7423

Spanish Support Group-South Bay

1st Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street
Chula Vista, CA 91911
Call Luz Fernandez (East County Clinic)
at (619) 401-5500 for more information

Changed from South Bay Guidance Ctr Spanish Family Support Group

2nd & 4th Monday, 5:45—7:45 p.m.
Maria Sardiñas Center
3025 Beyer Blvd. Ste. E-102
San Diego, CA. 92154
Call Gina Osuna at (619) 288-3133 or
Kika Cortez (619) 397-8835 or
Adela Soto (619) 852-2309

NAMI Patton

3rd Sunday, 1:00 - 3:00 p.m.
c/o Patton State Hospital
(Administration Annex - Room 148)
3102 E. Highland Ave.
Patton, CA 92369
Tel: (909) 425-7392
Fax: (909) 425-0160

NAMI San Diego, North Inland

Education Meeting

2nd Tuesday at 7:00 p.m.
Kinesis North
474 W. Vermont Ave.
Escondido, CA 92025
Call (619) 543-1434 or
(800) 523-5933

Monday Share & Care in Fallbrook

Mondays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation Bldg.
Corner of Mission and Fig
Fallbrook, CA 92028
Call (619) 543-1434 or
(800) 523-5933

Tuesday Share & Care Meeting

1st, 3rd, 4th, 5th Tuesday,
4:00 - 5:30 p.m.
Joslyn Senior Center
210 East Park Avenue
Escondido, CA 92025
Call (619) 543-1434 or
(800) 523-5933

NAMI North Coastal

P. O. Box 2235
Carlsbad, CA 92018
760-722-3754

Education Meeting

3rd Thursday, 7:00 - 8:30 p.m.
St. Michael's by the Sea Episcopal
Church 2775 Carlsbad Blvd.
Carlsbad, CA 92008
Call (760) 722-3754 or (800) 523-5933

**Education Meeting followed by
NAMI Facilitated Share & Care
Support Group 8:30 - 10:00 p.m.**

NAMI-SIT

Schizophrenics in Transition Board Meeting

144 Copper Avenue
Vista, CA 92083
Call (858) 481-7069 for meeting time

TARA Borderline Personality Disorder

Support Meetings for Family Members

UCSD Outpatient Psychiatric Services (Gifford Clinic)

1st Thursday, 6:30 - 9:00 p.m.
140 Arbor Drive, San Diego, CA 92103
2nd Floor Rm 247

Tri-city Medical Center

3rd Wednesday, 6:30 - 9:00 p.m.
4002 Vista Way, Oceanside, CA 92056

Rcho Bernardo Swim & Tennis Club

3rd Thursday, 6:30 - 9:00 p.m.
16955 Bernardo Oaks Drive
San Diego, CA 92128

**For more information on TARA
mtgs. call Sandy (760) 729-5748
or sboone@compuidusa.com**

Client/Consumer Support Groups and Resources

NAMI C.A.R.E. Support Groups

Consumers Advocating for Recovery through Empowerment
NAMI San Diego Helpline at
(619) 543-1434 or 1-800-523-5933

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
2nd & 4th Thursday:
6:00-7:30 p.m.

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
Every Thursday:
12 Noon - 1:00 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite D
Oceanside, CA 92054
Call: (760) 722-3754
Every Wednesday:
1:00 - 2:30 p.m.

EN ESPAÑOL—Casita De Salud

4486 Camino de la Plaza
San Ysidro, CA 92173
Llame: (619) 270-6652 o
(619) 665-3178
Cada Segundo y Cuarto Sabado
Del Mes: 10:30 a.m. - 12:00 p.m.

ECT Support Group

NAMI San Diego Office
4480 30th Street San Diego, CA.
Every 2nd Tuesday
5:30 - 7:00 p.m.
Consumer Support Group for people
who have had or may be beginning
Electroconvulsive Therapy (ECT).

The Consumer Ctr. for Health Ed. & Advocacy

1475 Sixth Ave., 4th Floor,
San Diego 92101
Toll Free: 1-877-734-3258 ✕
Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 p.m.
If you need help getting mental health
services or if you have a complaint or
grievance, call or write us. We are ready to
help you.

Access & Crisis Line

1-800-479-3339
24 hours a day/7 days a week

Client Warm Line

1-800-930-9276
Daily: 5:00 p.m.—11:00 p.m.
Call us. Fellow consumers who have
been there, done that. Listening &
talking are what we like to do.

NAMI San Diego Helpline

1-800-523-5933, 1-619-543-1434
information@namisd.org
Volunteer resource specialists provide
info. & support to callers & visitors,
including consumers, family members &
professionals.
Albright Center
Hosts the Helpline, lending library, and
take home materials.

Patient Advocacy Program

5998 Alcalá Park, AW 304, San Diego 92110
(619) 260-7660 / 1-800-479-2233 F:(619) 260-7680
Monday - Friday: 8:00 a.m. - 5:00 p.m.

Bayview Clubhouse

330 Moss Street, Chula Vista 91911
(619) 585-4646 ✕ Fax: (619) 585-4625
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse

1157 30th Street, San Diego 92154
(between Coronado Ave. & Beyer Blvd.)
(619) 429-1937 ✕ Fax: (619) 429-5205
Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)

Corner Clubhouse

2864 University Ave., San Diego 92104
(North Park at Utah Street)
(619) 683-7423 ✕ Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street, El Cajon 92020
(619) 440-5133 Ext. 109 ✕ Fax: (619) 440-8522
Mon, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

East Wind Clubhouse

8745 Aero Dr. Ste 330, San Diego 92123
(858) 268-4933 ✕ Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

474 W. Vermont Ave., Ste. 105
Escondido 92025
(760) 737-7125 ✕ Fax: (760) 737-6129
Monday - Friday: 8:00 a.m. - 4:30 p.m.
1st Saturday of month: 10:00 a.m. - 2:00 p.m.

Mariposa Clubhouse

560 Greenbrier Drive, Ste. C-E, Oceanside 92054
(760) 439-2785 ✕ Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Friends In Hand Clubhouse

144 Copper Ave., Vista 92083 (302 Bus Route)
(760) 631-2206 Saturday: 11:00 a.m. - 4:00 p.m.

The API Discovery Clubhouse

5550 University Ave., San Diego 92105
Membership Information: (619) 667-6176
Saturday & Sunday: Noon - 4:00 p.m.

The Meeting Place, Inc.

4034 Park Blvd., San Diego 92103
(619) 294-9582 ✕ Fax: (619) 294-9588
M-TH: 8 a.m. - 6 p.m. FR: 8 a.m. - 4 p.m.

The Oasis Clubhouse

3635 Ruffin Road, Ste. 101, San Diego 92123
(858) 300-0470 ✕ Fax (858) 300-0471
Monday - Friday: 10:00 a.m. - 7:00 p.m.
Serving Transitional Age Youth (16-25)

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave., #104, San Diego 92114
(619) 266-2111 Ext. 106 ✕ Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 5:30 p.m.

Mental Health America Visions

226 Church Avenue, Chula Vista 91910
(619) 420-8603 ✕ Fax: (619) 420-0385
Mon - Fri: Noon - 7 p.m.; Sat & Sun: Noon - 5 p.m.

The Access Center of San Diego

8885 Rio San Diego Dr. Ste. 131 San Diego 92108
(619) 293-3500 ✕ Fax: (619) 293-3508
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Ste. 201, San Diego 92110
(619) 276-8071 ✕ Fax: (619) 276-3542
Monday - Friday: 8:00 a.m. - 4:30 p.m.
(Must be receiving serv. from a county funded mental
health prog. & approved by Dept. of Rehabilitation)

San Diego Employment Solutions

10981 San Diego Mission Road Ste. 108
San Diego 92108 ✕ (619) 521-9569
For people with history of long-term unemployment

Job Options

3465 Camino del Rio South, Ste. 300
San Diego 92108
(619) 688-1784 (Valorie) ✕ Fax: (619) 688-9884
Mon - Thurs: 8 a.m. - 5 p.m.; Fri: 8 a.m. - 4 p.m.

San Diego Park and Recreation Therapeutic Recreation Services

3325 Zoo Drive, San Diego 92101
(619) 525-8247 ✕ Fax: (619) 299-9304
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Provides year round recreational experiences for
individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego 92163
(619) 282-4627 or (858) 481-7069

Compeer San Diego

(858) 361-3632
Offering support, information, and friendship!
website: www.compeersandiego.org
e-mail: info@compeersandiego.org

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the county.
Call for meeting info: 1-800-826-3632
or go to the DBSA website at: www.dbsalliance.org

Become a Member and/or Make a Donation

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. To join NAMI San Diego, renew your membership, or make a contribution, complete the information below and enclose your check payable to: NAMI San Diego.



Name: _____ E-mail address: _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Cell Phone: _____

We are a green friendly organization. Please help us save trees and postage. By submitting your e-mail address you will get your newsletter via-e-mail when you are a new member or renewing your membership. Paper newsletter will ONLY be sent if specifically requested.

I understand and agree

I Request My Paper Newsletter

Become a Member

- Membership \$40.00
 New Member Renewal
- Professional Membership \$75.00
- Organizational Membership \$100.00
- Please contact me about a Scholarship Membership

Make a Donation

- Platinum Donation - \$1,000 or More Amt. Donating: _____
- Gold Donation - \$500 - \$999 Amt. Donating: _____
- Silver Donation - \$100 - \$499 Amt. Donating: _____
- Bronze Donation - \$1 - \$99 Amt. Donating: _____

To pay by Credit Card:

Print Name As It Appears On Card _____

Card Number _____

Expiration Date _____

___ Visa ___ MasterCard \$ _____

Amount

Signature _____

Please Mail To:

NAMI San Diego
 Attn: Membership
 4480 30th Street
 San Diego, CA 92116

Or Fax To:

619.584.5568
 (ONLY if paying by credit card)

Planned Giving

Leaving something behind to help future generations is one of the most gratifying things we can ever do. It is possible to provide for your heirs while at the same time continuing your support of NAMI San Diego. If you would like advice on charitable bequests, charitable remainder trusts or charitable lead trusts, contact your personal attorney or call NAMI volunteer and chartered financial consultant Michael McNeill (858-272-7997) of Prudential Financial to assist you in choosing what plan works best for you.



Endowment

An endowment is a special investment fund in which the principal can never be spent. The investment return (interest) is used to provide income for a nonprofit organization, in perpetuity. If you would like information on contributing to the NAMI Endowment Fund, call Bettie at 619-584-5567

The Advocate

Vol. XIII, Issue 2, February 2009



4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA
Permit No. 2695

Return Service Requested



E&A Meetings

February 5, 2009
University Christian Church
San Diego

February 10, 2009
Kinesis North
Escondido



**It's never too early to take a step forward for
mental health;
Sign up for the NAMI Walk today**

**San Diego County NAMIWALK
2009 GOAL!!**

**2,000 WALKERS
100 TEAMS
\$150,000 RAISED**

Let's make it a great Walk and show San Diego how much we support the work NAMI does for our community! Teams - this month's goal is to be the first to raise \$1,000 and receive a discount on your team's t-shirts!!

The Kick-Off event this year will be something not to miss. The event will be a brunch on Saturday, March 7th, from 9AM to 11AM at St. David's Episcopal Church, 5050 Milton St, San Diego, CA. Come and enjoy the first ever NAMI Festival of Games. You and your teammates can compete in various games and challenges to earn tickets towards fabulous prizes. No special skills needed, bring your spirit of the games and a winning attitude! All while learning about NAMI and various aspects of the walk, as well as recognizing the amazing individuals from 2008 walk.

Every journey begins with that first Step! Add your footprint to ours!

