



# The Advocate

April 2009

San Diego's Voice on Mental Illness

Volume XIII, Issue 4

*Free Education & Advocacy Meeting*  
*Thursday, April 2, 2009*  
*Obsessive Compulsive Spectrum Disorder*

**Speaker:**

Neal Swerdlow, MD

**Topic:** Obsessive Compulsive Spectrum Disorder

We've seen the movies and TV shows that feature people living with OCD or Tourette's Syndrome. They are entertaining but are they realistic? Why do people have these symptoms? And – what can they do about them? Come hear UCSD's own national expert give you the facts.

**Schedule:**

6:30 p.m. - What Prop. 63 has Done for San Diego County So Far

7:00 p.m. - Announcements and Advocacy

7:15 p.m. - Program – Dr. Swerdlow

8:30 p.m. - Tea and Comfort (Socializing)

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

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*NAMI San Diego, North Inland*  
*In Our Own Voice*  
*Tuesday, April 14, 2009—7:00 p.m.*  
Kinesis North, 474 W. Vermont, Escondido, CA

This program is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experience of recovery and transformation.

**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.



*Education Corner  
By Anita Fisher  
Education Director*

We have five Family to Family classes throughout San Diego County that still have open seating available. Of these five F2F classes one will be taught in Vietnamese, and one will be taught in Spanish.

**Language: English**

April 6, 2009-June 22, 2009

Mondays 6:30 p.m.- 9:00 p.m.

Location: Ramona Town Hall  
729 Main Street Ramona, CA.  
92065

Register: 619-543-1434

**Language: English**

April 6, 2009 - June 22, 2009

Mondays 7:00 p.m. - 9:00 p.m.

Location: Gateway Community  
Church, 1451 Montiel Rd. Escondido,  
CA. 92026

Register: 619-543-1434

**Language: Vietnamese**

April 12, 2009 – June 25, 2009

Sundays 1:00pm to 3:30pm

Location: UPAC Eastwind Club-  
house, 8745 Aero Dr Suite 330  
San Diego, CA 92123

Register: Tri Nguyen at (619) 384-  
7602

**Language: English**

April 13, 2009 - June 29, 2009

Mondays 3:00 p.m. - 5:30 p.m.

Location: Coronado Police Depart-  
ment, 700 Orange Ave. San Diego,  
CA. 92118

Register: 619-543-1434

**Language: Spanish**

April to June, 2009

Wednesdays 4:30pm- 6:45pm

Location: Southeast Mental Health  
Clinic, 3177 Ocean View Blvd.San  
Diego, CA 92113

Register:(619) 543-1434

**County of San Diego, Health  
and Human Services Agency  
Behavioral Health Services**

Would like to invite all community members to a forum to discuss the:

Mental Health Services Act  
(MHSA) INNOVATION

Theme of Meeting:

Physical & Behavioral Health  
Integration

With presentations by:  
Brenda Reiss-Brennan, MS  
Intermountain Health

Rusty Kallenberg, MD  
University of California, San Diego

Leita Koontz, MA  
University of California, San Diego

**Friday, April 3, 2009  
10:00am – 12:30pm  
North Inland Regional Center  
600 East Valley Parkway,  
Escondido, CA 92025**

This forum is designed for the community at large, professionals, and providers to offer input regarding MHSA Innovation planning efforts.

If you have any questions, need translation services or need reasonable accommodation due to a disability contact Ann Park.

Phone: (619) 584-5095, E-mail:  
Ann.Park@sdcounty.ca.gov

***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:**

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- ▶ Carol Matthews, M.D.

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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](mailto:information@namisd.org)

**Web Site:** [www.namisandiego.org](http://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](mailto:exudir@namisandiego.org) or contact any of the people mentioned in the articles.**

***ACES, A Volunteer Program For Disabled and Elderly  
By Ray Schwartz, LCSW***

*ACES IS OFFERING A COMPUTER SYSTEM TO ANY LICENSED BOARD AND CARE FACILITY IF IT WILL BE USED BY CLIENTS! THE SYSTEM INCLUDES THE COMPUTER WITH HARD AND SOFTWARE, THE KEYBOARD, MOUSE, AND MONITOR, ALL FOR \$75. THESE SYSTEMS ARE RECONDITIONED AND WILL WORK, AND ARE READY FOR AN INTERNET HOOKUP. FOR A FACILITY LARGER THAN 6 BEDS YOU CAN ASK FOR A SECOND SYSTEM AT THE SAME RATE. THIS IS A SPECIAL TO THE BOARD AND CARE SYSTEM, AND PAUL ADAMS WANTS MORE CLIENTS TO BE COMPUTER USERS!*

Do you have a family member or friend who is disabled, has income of \$1,000 or less, or is elderly? Then you might want to read on about ACES, Adaptive Computer Empowerment Services, a 501c3 company located in Santee.



ACES began about 10 years ago, the brainchild of Paul Adams, a computer teacher who retired. He wanted to offer reconditioned computers to the low income disabled so that they could get on

the Internet and communicate with others worldwide, and get the latest information on health and other issues. He also wanted to offer training to them in computer repair, which he had taught. But the problem of extra income for the person receiving disability payments created more problems than it solved, so he was forced to reduce his initial ideas.

ACES is a wonderful program. It offers a repaired computer, a keyboard and mouse, and a monitor, all for \$75. The system is installed with Microsoft Office 2000 or XP, and additional software programs for easy access and lots of capability. All it needs is a hookup to the Internet.

ACES is entirely manned by volunteers, including Paul Adams who does not draw a salary! And it is open to the low income disabled, and to seniors as well. Volunteers who have experience with computers come to ACES and assist in repair of computers that are donated by the public. Should a volunteer want to upgrade to a Class A1 in Microsoft repair, which enables that person to get a paying job, Paul can train and help certify them.

***Do you want a computer system that is inexpensive but in top condition?***

***Do you want to volunteer to assist the program in the office?***

***Do you want to volunteer in repairing systems for resale or other duties?***

***Do you have a computer system that needs repair or is not being used and wish to donate to a 501c3 program for a tax break?***

Then contact ACES, at: (619) 448-0636, or go online to their Website, [www.adaptive.org](http://www.adaptive.org).



You can get the application for the computer system online, and many questions you may have are answered when you click on "general information." You'll be glad you did. I know I did. I donated a computer and printer with extra ink cartridges!

## ***MHSOAC Calls for Art and Writing***

The Mental Health Services Oversight and Accountability Commission is currently accepting artwork and writing **produced by consumers in recovery, family members, and the mental health stakeholders community at large**, to be featured in future issues of the MHSOAC newsletter, MHSOAC's Updates, and for public view on the MHSOAC Website.



MHSOAC Updates, a published quarterly newsletter of the Commission, provides updates, news, and stories to MHSOAC commissioners, stakeholders, and the mental health community at large.



### **Submission Guidelines**

1. Please submit your art and/or writing in electronic form.
2. Art images must be digitally photographed and saved in the format of a JPEG.

[\* You can also save materials

onto a CD and send us the CD via postal mail.]

3. Writing in the form of short stories and poetry are highly encouraged. If writing is in a different language, please also provide a translated copy.
4. The selection of the art and writing featured will be up to the discretion of the MHSOAC Communications Unit.
5. Author or artist will only be notified if your piece is selected for use.
6. Unless requested, materials submitted will not be returned.
7. Please also send or fax in a copy of the submission form with your signature.

All submissions are to be submitted electronically in the format of a Word document, PDF or JPEG via email to [mhsoac@dmh.ca.gov](mailto:mhsoac@dmh.ca.gov) or via postal mail to the MHSOAC no later than April 3, 2009.

### **MHSOAC**

1300 17th Street, Suite 1000

Sacramento, CA 95811

Attention: Yee Xiong

Subject: Arts & Writing Submission

Telephone: (916)445-8780

Fax: (916) 445-4927

Email: [mhsoac@dmh.ca.gov](mailto:mhsoac@dmh.ca.gov)

Website: <http://www.dmh.ca.gov/MHSOAC/default.asp>



# 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**

Wednesdays, 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 4, April 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

April 2, 2009  
University Christian Church  
San Diego

April 14, 2009  
Kinesis North  
Escondido



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



**NAMI Invites You To Walk For ALL OF US!!**

**GOAL: Less Than A Month Away  
\$150,000—we are 25% to our goal  
100 TEAMS—68 teams already, keep them coming!**

**Announcing Sheriff Kolender is this year's Honorary Chair**

**Keep your fingers crossed. The Marine Corp Band is pending approval to play at our walk this year!!  
Get ready to bring your friends and family for a picnic after your 5k workout to listen to the band!!**

**NEW!! the San Diego County NAMI walkers prize program. For every \$100 dollars you raise you will  
receive a ticket to go into a raffle for some exciting prizes after the walk!  
Every journey begins with that first step! Add your footprint to ours!**

**Register Today**

**<http://www.nami.org/namiwalks/CA/sandiego>**