

*NAMI San Diego
Free Education & Advocacy Meeting
Thursday, July 2, 2009—6:30 p.m.*

Program: Wellness, Resiliency, and Mental Health

Heather Wood Ion is a writer and cultural anthropologist who has specialized in turning around communities and troubled organizations. She has focused throughout her career on the invisible strengths from which we build resilience and can transform our lives. Her book, with Saul Levine MD, *Against Terrible Odds*, applies her knowledge of social and cultural recovery to the profound issues of individual resilience.

As a midwife of change, Heather facilitates growth by asking the questions that lead to adventures in discovery. Sometimes these adventures are extremely challenging, but by learning how to seek meaning, we can continue to move forward until we transcend our circumstances. Heather Ion is the grandchild of pioneers, she was educated at McGill, Claremont and Oxford, and moved to San Diego to work with Dr. Jonas Salk.

Schedule:

6:30 p.m. Roundtable discussion with Dr. Steve Koh, UCSD
7:00 p.m. Advocacy and announcements
7:15 p.m. Program – Dr. Heather Wood Ion

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

*NAMI San Diego, North Inland
Kinesis North, Escondido, CA.*

A large, 3D-style yellow starburst graphic with a dark shadow underneath. Inside the starburst, the text is written in a bold, dark red, sans-serif font.

**NAMI San Diego,
North Inland's
July and August
E & A Meetings
CANCELLED**



*Education Corner
By Anita Fisher
Education Director*

While we are still preparing for the next round of Family to Family and Peer to Peer classes, I want to remind you of our many family and consumer support groups throughout San Diego County.

All Support groups are listed in this newsletter every month or can be found on our website www.namisaniego.org. Two Consumer groups I want to highlight are the Electroconvulsive Therapy (ECT) Support group that will now meet two times a month on the 2nd and 4th Tuesdays, from 5:30pm-7:00pm at the NAMI office. This group is for persons who receive, have received or may receive ECT treatments.

Also, the weekly CONNECTION Support Group that meets every Thursday, 6:00pm-7:30pm at the NAMI office, and is open to all who have a mental illness diagnosis.

Other happenings in the Education Department-In May we sent three people from San Diego to a Persona a Persona (Spanish Peer to Peer) Mentor training hosted by NAMI Southern AZ. They are scheduled to begin a new 9 week class course on June 24, 2009 at the San Ysidro Health Center.

Mental Health Recognition Dinner



Bettie Reinhardt
Mental Health Person of the Year



**Daughter Amy, Son-in-Law Bruce,
Daughter Katie, Bettie Reinhardt**



Bettie Giving Acceptance Speech

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**

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Executive Director

Bettie Reinhardt
exudir@namisaniego.org

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

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

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E-mail: information@namisd.org

Web Site: www.namisaniego.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@namisaniego.org or contact
any of the people mentioned in the
articles.**



*Acceptance Speech
Bettie Reinhardt
Executive Director
NAMI San Diego*

MH Person of the Year

This recognition is even more impressive because of the company I join. I wouldn't say that Alfredo Aguirre, Last year's mental health person of the year, is our beloved local mental health director. It just wouldn't be proper to use that adjective with that title. I think it WOULD be OK to say that we're fond of you, Alfredo.

You don't see the first recipient, Helen Teisher, here - but she is. I certainly feel her. And she's very proud of all of us. You know that Helen helped found NAMI San Diego 31 years ago. I can't imagine that there are very many people here who have spent more time in the offices of the Board of Supervisors than Helen. I was lucky enough to not only know her well but to receive regular greeting cards from her for several years. They would say something like, "Bettie, you're doing a good job. Bettie, we are lucky to have you. Bettie, the print in the newsletter is too small, a larger print needs to be used." I think she invented the communication method: Affirm, Affirm, Truth.

Let me talk about who else is here. My family: my daughter Amy is here from Georgia, my daughter Katie who knows there's no place like San Diego, and my son-in-law Bruce. My best buds, Stef and Tony. After nearly 40 years, they are part of my intentional family. You're all great. Thank you for being both family and friends.

And my NAMI family: Brenda Scott is here representing NAMI California. NAMI San Diego Board mem-

bers, past and present, - and staff and volunteers (the folks that really do the work). NAMI North Coastal is well represented. There are 4 NAMI tables up here but I know there are more of you in the room. Amy and I tried a lot of interventions of all stripes in the 20 years before I found NAMI and met the people that helped me help her.

Thank you to all of the people living with mental illnesses and their families and friends for caring and sharing. I know that I'm never alone.

The fun part is that this is just a portion of the people and categories of people in this room that I work with and laugh with and that help make this a special mental health community.

There are the formal - to the extent that I'm ever "formal" - relationships such as boards and advisory groups: PERT, Family & Youth Roundtable, Bayview Clubhouse, Community Health Group, Special Needs Trust Foundation, RICA, 211 San Diego, PTECH, Systems of Care Councils/Childrens and Adults, San Diego Coalition for Mental Health.

Speaking of the Coalition. Thank you to the Steering Committee for the nomination. Shannon, Carol, and Karen - you probably shouldn't take too seriously my threats to "get you back" for the past month's embarrassments.

There are also wonderful collaborations with other groups and individuals such as Mental Health America, UCSD, UBH..... You know, I just have to stop. The list is too long and it's better to leave a bunch of people out than the inevitable few.

We're going to need all of our relationships to get through the budget struggles that face us now,

to both maintain basic mental health services and move ourselves more effectively into public health and treatment services.

My friend Wendy shared a quote from Rahm Emanuel, "You never want a serious crisis to go to waste."

We can show that we really understand and embrace innovation - true innovation that goes beyond the State's definition. It's a time to remember that advocates may be angry but anger does not equal advocacy and that real power lies in the numbers, in working together.

Remember, You don't have to win every argument. Agree to disagree. Surrender individual power to gain group power. Keep your eye on the ultimate goal. I don't know who first said all of those things but I have a first hand quote from Quincy Stone, age 8.

I asked Quincy (Quincy is the ultimate superhero aficionado) why he is best friends with his classmate who knows every word and note of Phantom of the Opera by heart. My youngest grandchild said, "I like him because he is different from me. I learn things from him."

Now is the time to build on both our differences and our similarities to increase our learning with the goal of ensuring an improved quality of life for everyone affected by mental illnesses - all of us.

Finally, my thanks to the Mental Health Recognition Dinner committee for this ultimate of awards AND for bringing so many of the people together in one place who WILL find the opportunities in yet another crisis.



*Wendy McNeill
President Elect
NAMI San Diego*

Neon Says It All

When a person takes his own life, not only does he die in body, but much of his spirit here on earth dies as well, more so than for someone who had an "ordinary" death.

Why? Because nobody knows what to say, and there seems to be no statute of limitations on silence. The shame of suicide stiffens people's tongues, sometimes permanently. Loved ones might fondly reminisce at Christmas dinner about the grandmother who valiantly fought cancer until the bitter end, but try that if the family member died by his own hand. Chances are that that topic will be met with a good deal of awkwardness and discomfort. There is no valiance in losing to yourself.

With suicide, it is commonly believed that the cause of death lies in the character of the person himself, his inability to "appreciate what he has" or "cope" or "suck it up." The individual who kills himself demonstrates weakness in the worst way, taking the "easy way out." He has no faith. He doesn't love his family enough. He gives in.

He gives up.

I do not accept this.

I believe that individuals who commit suicide have succumbed

to a "toxin" (a.k.a. mental illness) that first attacks the mind and eventually corrupts and corrodes "the soul." The victims of suicide experience psychic pain so intense that their powers of reason are warped, their mental defenses compromised, and their souls fractured. In this state, the "logical solution" to end this level of suffering is for the person to end it himself.

I believe that individuals attacked by this caliber of mental illness do not in fact kill "themselves." At this point, the thing that we call the "true self" has ceased to exist. The "self" is no longer separate from the predator that has penetrated it and is poised to cause its destruction. The individual who dies is simply doing the illness' dirty work.

I have seen this pattern too many times, and I would prefer not to see it again. I have known people, known well and loved well, that have suffered in this way and died horribly. Few talk about it. Few talk about it, not only because of the shame and the pain of loved ones associated with it, but because the ghastly nature of the deaths often overshadows the true quality of the lives they lived.

I am going to talk a bit about one of my friends now, Timothy Haeg, Jr., a man who I credit with keeping me afloat when I was at my lowest point in life. I met Tim in September, 1990, three months after the death of my father, Don McNeill, who passed away after a long struggle with bipolar depression.

Timothy C. Haeg, Jr.

Tim was one of my most beloved, cherished friends, my best friend at UCSD. He was an accomplished poet, scholar, and athlete. He drank copious amounts of coffee and loved to critique anything and everything. He graduated valedictorian of Muir College at UCSD in Classics and Philosophy and earned a full scholarship for the PhD program at Stanford. He could read Latin and Greek with the same fluency as English. He had a sinister laugh and equally sinister personality. We took a great dislike to each other at first sight and then became even greater friends. Our favorite thing to do together was walk in the fog at night at UCSD under the neon sign of the Seven Vices and Seven Virtues, as the huge neon letters flashed on and off, turning the fog all the colors of the rainbow. Tim would often say that walking around the campus at UCSD was like walking inside of a glowing computer chip. To me, the nights spent walking around with Tim were among the best times of my life.

Tim passed away shortly after finishing his dissertation at Stanford, before his oral exams. He died of bipolar disorder with psychotic features. He was 27 years old.

People these days seem to think that not "letting go" is a vice. I think this notion is overblown. To me, not "letting go" is one of my virtues. I think you'll find that specific virtue lighting up the UCSD campus every night in flashing neon letters.

It's red. It says, "**LOVE.**"

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

Spanish Family Support Group

2nd & 4th Monday, 6:00—8:00 p.m.
Otay Mesa Library
3003 Coronado Ave.
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

Copper Hill Living & Learning Ctr., Creative Arts Consortium, Vet to Vet, Creative Opportunities, Advocacy Works, Friends In Hand Clubhouse
Info: (858) 481-7069

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 Connection

Casual & relaxed. Can share challenges & successes of coping with mental illness. FREE, flexible.

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Thursdays: 6:00-7:30 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite C-E
Oceanside, CA 92054
Call: (760) 439-2785
Wednesdays: 1:00 - 2:30 p.m.

See Full List of Connection Support Groups at www.namisaniego.org

NAMI C.A.R.E.

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

Sharp Mesa Vista Hospital

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

ECT Support Group

NAMI San Diego Office
4480 30th Street San Diego, CA.
*Every 2nd and 4th Tuesday
5:30 - 7:00 p.m.*

Consumer Support Group for people who have had or may be beginning Electroconvulsive Therapy (ECT).

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.*

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: 4:00 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

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- 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

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San Diego, CA 92116

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E&A Meetings

NAMI San Diego

July 2, 2009 at 6:30 p.m.

Wellness, Resiliency, and Mental Health
University Christian Church
San Diego

NAMI San Diego, North Inland

July and August Meetings Cancelled

Next Meeting: September 8, 2009

Kinesis North, Escondido

Announcing a New Program at NAMI San Diego "Friends in the Lobby"



Smiles, Compassion, Information, Hope!

The goal of the 'Friends of the Lobby' is to provide information about NAMI San Diego's education, support and advocacy services to family and friends visiting loved ones at our local hospitals. 'Friends of the Lobby' will assist families and friends affected by a loved one's brain illness and show them that they can find help, support and hope from NAMI San Diego. We are currently recruiting volunteers for this role, preferably individuals who have completed Family-to-Family or Peer-to-Peer. You will have an opportunity to help families and friends to know they are not alone and recovery is real.

To participate in this new and exciting program contact: angieerickson@namisd.org

REMEMBER!

In August 2009



Has **NO** Newsletter or
E&A Meeting

