

Super Sale & Fun Fest - June 26!



Spring cleaning?
Don't throw those things out!

NAMI San Diego will be having a huge "yard sale" and mini-festival in our parking lot on Saturday, **June 26**. We definitely can use those items you don't want to hang onto anymore: house wares, appliances, baby clothes, books, plants, jewelry, CDs & DVDs, artwork, electronics, small furniture, etc. Please be sure all items are clean and in working order (if applicable). Unfortunately, we will not be able to pick up the items that are being donated, so we ask if you can drop them off at our office?

And a bake sale, too! We also will be selling homemade baked goods that day. If you have a Betty Crocker in the family, we sure would appreciate receiving what you can donate.

Want to donate, set up a drop off time, or have questions?

Contact: Patrick 619-563-0738 or patrickcremeens@namisd.org
Or Annie 619-584-5574 or anniedunlop@namisd.org

NAMI San Diego

Free Education & Advocacy Meeting
Thursday, June 3, 2010 6:30 p.m.

Special Education Advocate - Individualized Educational Plan (IEP)

Schedule:

6:30 p.m. Meet the Doctors – Join us for a discussion group with psychiatrists Steve Koh, MD, MPH, MBA Chief Resident SD VA Hospital, University of California San Diego, Dept. of Psychiatry and Kristine Munoz, MD, with the Naval Medical Center in San Diego. Ask the questions you've wanted to ask a psychiatrist. Learn from other members of the group, too.

7:00p.m. SPECIAL EDUCATION ADVOCATE – Susan Moroff will discuss the ins and outs of an Individualized Educational Plan (IEP) to obtain social, emotional and educational goals for your child. Every child in California is entitled by law to a free appropriate education tailored to the specific unique needs of the student, which is what the IEP is required to do for your child

8:00 p.m. Tea and Comfort

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

Super Sale and Fun Fest! Cont.

JOIN US!

JUNE 26TH 9:00 A.M.—2:00 P.M.
NAMI San Diego Parking Lot
4480 30th Street San Diego, CA. 92116

- **Shop for Big Bargains**
- **Enjoy Free Entertainment**
- **Indulge in Baked Goodies, Ice Cream, Ice Cold Drinks, and Other Treats**
- **Meet Our Staff**
- **Tour Our Office**





*Annie Dunlop
Dev. & Events Mgr.
NAMI San Diego*

Rock-n-Roll Marathon and Mental Health Awareness!

June 6, 2010 is the date of San Diego's Rock-n-Roll Marathon and Michael Runningwolf of Boise, Idaho will be there, pounding the pavement not just for exercise but to raise money for mental health. Michael will be raising donations and bringing awareness about NAMI and mental illness. "I am just one man, but I will do whatever I can to battle this disease and hopefully, someday, keep others from going through this same thing." For Michael, who now lives in Arizona, running is a coping mechanism that propelled him towards wellness. "I find that the only time I have real peace from my hallucinations is when I run," said Michael. "Except now when I run I am running for my life and my mental health."

Michael is dedicating his training and the marathon in honor of his wife who is an example of the toll mental illness takes on the family as a whole. All funds Michael raises will go to NAMI Boise.

For more information on Michael's fundraising, contact him at (208) 484-4889 or email: chmike@live.com

NAMI San Diego in collaboration with NAMI Phoenix will have a group of volunteers there at the finish line of the Rock-n-Roll Marathon to show support to Michael and the fight to stomp out stigma! If you are interested in making signs, posters or coming down to be

part of the support team on June 6th please contact Annie Dunlop anniedunlop@namisd.org

Friends in the Lobby Training

Our Friends in the Lobby Program has a minimum requirement of only 4 hours of volunteer time a month and we are there to outreach to patients and their visiting relatives and friends in San Diego area hospitals. If you are interested in volunteering in this program or any other NAMI San Diego programs please contact Annie Dunlop anniedunlop@namisd.org

NAMI San Diego, North Inland Annual Picnic

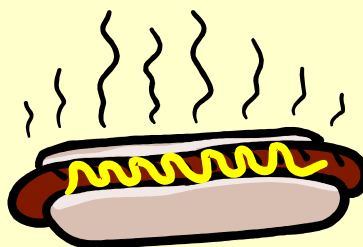
Thursday June 10, 2010
11:30 to 2:00 PM

Kit Carson Park, Escondido
3333 Bear Valley Parkway
(Ray Love Picnic Area, next to tennis courts)

Family members please bring a salad or dessert to share.

Cash donations to help defray the costs also welcome.

Hats, sunscreen, lawn chairs, highly recommended



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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Shannon Jaccard
sjaccard@namisandiego.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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(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 Shannon Jaccard at (619) 584-5567 or fax to (619) 584-5569 or email at sjaccard@namisandiego.org or contact any of the people mentioned in the articles.



Education Corner
Anita Fisher
Ed. Director

Events, Updates, and Announcements!

NOTE! Effective immediately, we are temporarily halting the ECT Support Group on the 2nd and 4th Tuesday's at the NAMI office. The ECT Support Group at Sharp Mesa Vista, on the 1st Monday of the month from 5:00 pm - 6:30 pm, will continue.

* Family to Family Class for Veteran and Active Duty Family Members/Caregivers San Marcos Vet Center (in the City of San Marcos Complex)

Saturdays: June 5 to Aug 28, 2010
11:00 to 1:00 pm Contact Jane Fyer at 858-481-7069

* New Vietnamese Family Support Group Starting on Saturday June 12, 2010, 9:30 am-11:00 am Linda Vista Library, 2160 Ulric Street, San Diego, CA 92111 Contact Helen Quach at 858-610-5882.

* Don't forget to mark your calendars to attend the free training workshop regarding how to access county services for Co-Occurring Disorder (mental illness and substance abuse) -

Thursday June 17, 2010
6:00pm - 7:30 or 8:00

Joyce Beers Uptown Community Center
1220 Cleveland Ave, San Diego, CA.

* We want to highlight the NAMI Family Support Group in East County The Second Tuesday of each month

6:30 pm to 8:30 pm

East County Mental Health Clinic

1000 Broadway Suite 210

El Cajon, CA 92021

Facilitated by Liz Hersch, LCSW and Laurie Smith

Contact Liz at (619) 401-5432

SAVE THE DATE

HOW TO ACCESS COUNTY CO-OCCURRING (Mental Illness and Substance Abuse) CONDITION SERVICES

DATE: Thursday June 17, 2010 TIME: 6:00pm

LOCATION: JOYCE BEERS UPTOWN COMMUNITY CENTER. 1220 CLEVELAND AVE, SAN DIEGO, CA 92103

REGISTRATION: Call NAMI San Diego (619)543-1434 or (800)523-5933

COST: No Cost to Attend

Are you or a loved one struggling with a co-occurring mental illness and a substance abuse problem? NAMI San Diego will be hosting a training for Consumers and their Family Members/Friends, who want to understand and access the County's Mental Health System surrounding Mental Illness and Substance Abuse. Come to this **FREE** training on CCISC. CCISC is the Comprehensive Continuous Integrated System of Care initiative that informs the mental health and drug and alcohol services how to provide services to you and your loved ones who have co-occurring conditions. You will learn what programs and services are available in San Diego County as well as what to expect from these programs.

This training will cover:

- The principles that guide services for people with co-occurring conditions
- The levels of readiness for recovery
- The methods that programs use to determine level of services needed
- Requesting appropriate services for your needs.

This training is designed by BHETA - Behavioral Health Education & Training Academy, and will be taught by trained Family Members and Consumers.

This training is free of charge to attend.

CALL NAMI San Diego TO REGISTER (619)543-1434 or (800)523-5933

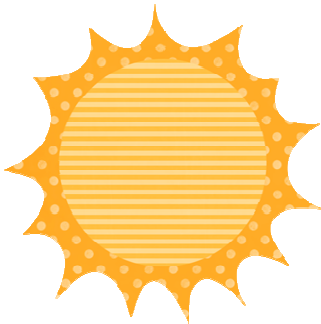


*Wendy McNeill
Contributing Writer
Lessons from the Beautiful
Month of June*



"...June gloom shares some similarities with the experience of mental illness. Gloomy weather is something beyond our control; it's only something to be lived with, hopefully lived with in some sort of harmony. Mindful of the mantra 'And This Too Shall Pass,' we can only hope for the marine layer to burn off and give us some long-awaited sun."

--"A Lesson from June Gloom"



The quotation above is an excerpt from my really deep, unfinished article "A Lesson from June Gloom" that I was working on for this month's Advocate. I was stuck on the article's conclusion, so I decided to read it to my friend Charles, a transplant from Georgia, who listened attentively and said, "I like it. Very good. Very good."

Then, in the next breath, he said, "You know...May Gray...June Gloom...I love them...I love them both. It's such a nice time of year, especially knowing it's going to get so hot in those later summer months." He waxed on, discussing the "marine layer" in all its wonders, fairly bursting with

enthusiasm. I sat there, knowing that my little article had a date with the circular file. Only mine was a rectangle.

See, I had written "A Lesson From June Gloom" based on the general assumption that June Gloom was a depressing bummer, likening it to the experience of mental illness, and here was Charles telling me he absolutely loved it. Previous to sharing my article with him, I knew my analogy between June Gloom and mental illness was feeble, but wanting to write an article that was timely, I gave it the college try. After Charles' innocent feedback, I knew my idea was DOA.

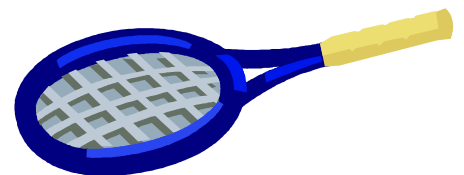
I had to face facts: Mental illness was not like perfect weather for tennis.

So I had to ask myself, what is the real lesson from "Lesson from June Gloom"?

Well, I know that I had a mediocre story that ended up in the trash, and in the scheme of things, this did not disrupt the overall functioning of the universe. This was a reminder that it's OK to try something out if I don't know it's going to turn out well. I myself know how obvious this concept is, but nonetheless, the need to succeed often governs what I will and will not try. So in this respect, giving myself permission to fail is a lesson from "LFJG."

I also realize that if the original article ended up the newsletter instead of this one, that it would not disrupt the overall functioning of the universe. The main reaction from folks would probably be, "well, that wasn't one of her funny ones." Or maybe, "Awww, I like June Gloom." Or maybe, "Hmmm....This Too Shall Pass." Another lesson from "LFJG" is that maybe it's not as big of a failure as I've made it out to be, and that it's a little grandiose to think so. After all, odds are if you write enough sentences, something will come out right.

Finally, I've done some thinking about June and what June Gloom means to me. It is going to be a little cooler, maybe Seattle-esque in the mornings, but bummerish? Whose decision is that? Maybe if I adopt Charles' attitude I'll think of June a little bit differently, not as something that feeds depression, but as something that, well, might induce me to get back into tennis.



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

East County Support Group

2nd Tuesday, 6:30 p.m. - 8:30 p.m.
East County Mental Health
1000 Broadway Ste. 210
El Cajon, CA. 92021
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 (619) 543-1434 or
(800) 523-5933

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 Tuesday, 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

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

Every Tuesday,
4:00 - 6:00 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

**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) 722-3754
Wednesdays: 1:00 - 2:00 p.m.

NAMI C.A.R.E.

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

CARE Support Group

Sharp Mesa Vista Hospital (Activity Room) 7850 Vista Hill Ave. San Diego, CA 92123
Every Thursday 12:00—1:00 p.m.

ECT Support Group

Sharp Mesa Vista Hospital (Education Bldg) 7850 Vista Hill Ave. San Diego, CA 92123
1st Monday of the Month: 5:00 p.m. - 6:30 p.m.

EN ESPAÑOL—

San Ysidro Health Center

4004 Beyer Blvd. San Ysidro, CA.
Llame: (619) 309-3884
2o, 4o y 5o Sabado Del Mes: 9:30 a.m. - 12:00 p.m.

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 Helpline, mini library, & materials.

The Consumer Ctr. for Health Ed. & Advocacy

1475 Sixth Ave., 4th Floor, SD 92101
1-877-734-3258 ✕ Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 p.m.
Need help getting mental health services or have a complaint or grievance, call or write us.

Jewish Family Service Patient Advocacy Prog.

2710 Adams Ave. San Diego 92116
(619) 282-1134 / 1-800-479-2233
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

7155 Mission Gorge Rd. San Diego, CA. 92120
(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

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the county. Call for meeting info: 858-444-6776 or go to the DBSA website at: www.dbsasandiego.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)

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 Shannon Jaccard at 619-584-5567 or email sjaccard@namisandiego.org



The Advocate

Vol. XIV, Issue 6, June 2010



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San Diego, CA 92116

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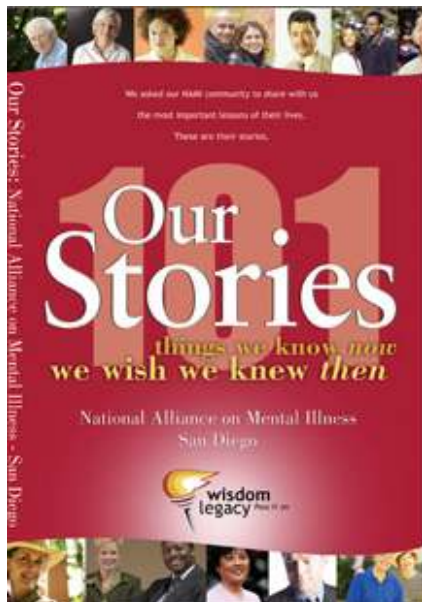
Return Service Requested



Education & Advocacy Meeting

NAMI San Diego

June 3, 2010 at 6:30 p.m.
University Christian Church
3900 Cleveland Ave.
San Diego, CA.



101 Stories: things we know now we wish we knew then

42 NAMI San Diego members have come together to write a book about their shared experience in the mental health journey and this is our story.

In this book, authors share moments of great pain to great joy and stories range from personal lived experience with a mental illness to having a sibling, child, or parent with a mental illness. The goal was to have at least one story that each person can relate to.

**BUY THE BOOK AT:
www.namisandiego.org**

**Or
Call 619-543-1434
(Set Up A Time To Pick Up At Office)**