



*Rummage Sale
Follow Up
By Patrick Cremeens
Programs Manager*

Thank You for the Rummage Sale!

Several volunteers and staff arrived up at the NAMI San Diego office at 6:30 on Saturday morning, June 26, and it was a veritable beehive of activity --- tables being set up and goods being brought out of our buildings and placed on display for our inaugural rummage sale. Many of you responded to our call for sale donations, and we appreciate your generosity very much! Bicycles, gold cuff links from Hong Kong, exotic plants (including orchids), new camping gear, fresh gourmet bakery items, handmade jewelry --- the list goes on and on. Live music was provided by Devin and John for everyone's enjoyment. Over 200 community members showed up at our sale, and we made a total of \$2,265 for NAMI San Diego!

Again, a big **"Thank you!"** to everyone who donated, everyone who attended and everyone who gave up their Saturday to work at this fun and rewarding event.



NAMI San Diego Free Education & Advocacy Meeting Thursday, August 5, 2010 6:30 p.m. Jewish Family Service Patient Advocacy Program

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.

7:00 p.m. Jewish Family Service Patient Advocacy Program

Michael Phillips, Supervising Attorney for the Jewish Family Service Patient Advocacy Program was named Advocate of the Year by the California Association of Mental Health Patient Rights Advocates in 2009. Mike has been providing advocacy for mental health consumers since 2002. He attended the University of San Diego School of Law where he first interned in that school's mental health clinic. Patient Advocates work throughout the County advocating for the rights of those with mental illnesses at psychiatric hospitals, board and care facilities, legal hearings, skilled nursing facilities, and more.

The Jewish Family Service Patient Advocacy Program is an organization dedicated to ensuring the rights of mental health consumers. Our duties include providing assistance and representation at certification review hearings; advising eligible minors of their rights to request review hearings, and representing them at those hearings; investigating complaints received by, or on behalf of, mental health consumers regarding rights violations, neglect, abuse, and/or breaches of confidentiality; monitoring facilities for compliance with patients' rights laws, regulations, and policies; providing training and education on patients' rights laws, regulations, and policies; consulting with mental health professionals concerning patients' rights; and training and assisting consumers in accessing the Beneficiary Grievance and Appeals process available to persons receiving Medi-Cal or UBH/County funded mental health services. We also provide consultation, as needed, to Mental Health Administration and the County Mental Health System on issues involving the protection of rights of persons with mental illness

8:00 p.m. Tea and Comfort

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



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

NAMI National Convention

NAMI San Diego staff met with Congresswoman Susan Davis, who represents California's 53rd Congressional District in the U.S. House of Representatives, at Capitol Hill during the NAMI National Convention. There were several NAMI California affiliates that participated in Mental Health lobbying during the NAMI National Convention that took place on June 29th-July 3rd in Washington DC.



From Left to Right

Anita Fisher (Education Director), Nancy Fuller (Education Admin. Assistant), Sarah Ashworth (IOOV Coordinator), Annie Dunlop (Dev. & Events Manager), Susan Davis (California Rep.), and Shannon Jaccard (Executive Director).

Volunteer Orientation for August

Next orientation is on August 2nd at 11am at the NAMI San Diego office. We have several opportunities from answering the phones at our helpline to clerical work at the office and working at a NAMI San Diego booth at a health fair. In order to become a volunteer you need to attend an orientation.

Fundraising Concert for NAMI San Diego at Anthology

Joyce Cooling is a contemporary jazz musician (guitarist, vocalist, song writer) and NAMI advocate based in San Francisco. Joyce has launched a cross-country concert series called, "Music for the Mind," to benefit the local NAMI chapters where she is performing. Joyce is turning her show into a NAMI San Diego fundraiser. The performance is on Friday, August 6th at 7:30pm at Anthology, a jazz club in San Diego.

SAVE THE DATE

October 8, 2010

NAMI San Diego's

Inspiration Awards Dinner

The Catamaran Hotel and Resort honoring Katie Cadigan the Producer of "When Medicine Got It Wrong" more details to follow...

In Our Own Voice Update

Sarah Ashworth joins NAMI San Diego as our new In Our Own Voice Coordinator. She brings her experience of working with consumer programs such as NAMI Connections and Peer to Peer as well as prior administrative experience from her local NAMI in Maryland. She received her BA in History from St. Mary's College of Maryland and Sarah enjoys spending time with her golden retriever Bailey, cooking, and reading. We are so happy to have her join our team!



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 - Lisa Ponfick
- ▶ Vice President - John McManamy
- ▶ Treasurer - Louise Groszkruger
- ▶ Secretary - Karen Gurneck

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- ▶ Dan Sewell, M.D.
- ▶ Carol Matthews, M.D.

Executive Director

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**

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 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

Nancy Fuller, ED Dept. Assistant, and I attended the NAMI National Conference in Washington D.C. from July 1-July 5, 2010 (we stayed over an extra day to enjoy the 4th in our Nation's Capital- and it was well worth it). Also in attendance from our NAMI San Diego Affiliate were Shannon Jaccard, Executive Director, Annie Dunlop, Development and Events Manager, and Sarah Ashworth, our new IOOV Coordinator.



Nancy Fuller and Anita Fisher

Since our affiliate offers all of the NAMI Signature programs, we split up and tried to gather as much information as possible from the various workshops and symposiums. There is so much we want to share that we will highlight a different topic over the next couple of months from the conference.

VISITS WITH CONGRESSIONAL REPRESENTATIVES ON CAPITOL HILL

On Thursday, July 1, hundreds of attendees from the conference donned our blue banners with the NAMI logo, and MENTAL HEALTH CARE GETS MY VOTE. We then converged on Capitol Hill to meet with our respective state legislators. NAMI San Diego, NAMI North Coastal representatives along

with other California affiliates, and our NAMI California Executive Director, Trula LaCalle, visited the offices of Congresswomen Susan Davis and Nancy Pelosi, Senators Barbara Boxer, and Diane Feinstein. We presented an award to Congresswoman Doris Matsui for her unwavering support and dedication to our cause. Congresswoman Matsui who along with our other state legislators is not only a strong supporter and advocate for legislation that helps our loved ones, she shared her own lived experience with a close family member living with a mental illness diagnosis.

During our visits to the legislative offices we would be led to their conference room, and share our personal experiences with their aides as to why the following legislation should receive their vote: HR 2829 Decriminalizing Mental Illness, Extend Medicare FMAP under ARRA through 2011, Implementing the Patient Protection and Affordable Care Act and health Care and Reconciliation Act of 2010, Integrated services for Veterans living with Mental Illness, Housing for Persons Living with Serious Mental Illness by restoring funding for the HUD Section 811, Preventing Harmful Restraint and Seclusion In Schools Act (S.2860) and to take up a bill in FY 2011 Labor-HHS Education Appropriations that will mental health research funding.



Sarah Ashworth, Nancy Fuller, Annie Dunlop, Kathy and Bob Brooks (North Coastal), Anita Fisher, Shannon Jaccard

The Devastating Impact Alcoholism and Domestic Violence is Having on Children **- R. Raegan Graziani** **Community Writer**

"Our brothers and sisters are there with us from the dawn of our personal stories to the inevitable dusk." - Susan Scarf

We lived in two completely different worlds for 27 years; my older brother moved to California soon after he graduated from college. I remained on the East coast with our family. When we'd parted, he was just crossing the threshold to adulthood; I, a teenager.

We were raised in very difficult and oftentimes quite extremely threatening circumstances. Our family life was replete with alcoholism and physical violence; there were no boundaries, hence, no stability - no safe haven. Our day to day life was always unpredictable. Growing up unscathed in this environment was perfectly impossible. We, each, had been profoundly affected.

Despite the harsh reality of our lives, we, like any other children, had all the normal and typical experiences and challenges growing up together as an older and younger sibling; the older child teases and picks on the younger one; one is the pursuer, the other, pursued, and so on.

To Read Full Article, Please Go To The Following Link:

http://www.associatedcontent.com/user/715011/r_raegan_graziani.html

Joyce Cooling Jazz Concert in August Will Benefit NAMI San Diego

Friday, August 6, 2010
1337 India St. San Diego, CA. 92101
7:30 p.m.



Music for the Mind is a new and exciting series of concerts where Joyce Cooling performances are dedicated to raising funds and awareness for NAMI (National Alliance on Mental Illness).

On **Friday, August 6, at 7:30 pm**, this dynamic jazz musician will perform at Anthology located in downtown's Little Italy neighborhood between A & Ash streets. A portion of ticket sales and Joyce Cooling merchandise goes to NAMI San Diego. So, just by showing up for a fun, amazing concert, you've donated.

Singer, songwriter and guitarist Cooling is interested in NAMI because her brother was diagnosed with Schizophrenia when he was 21. "From that moment on, his condition - and its relentless dominating presence - has been the single most pressing element in my family's universe," said Cooling, adding that NAMI saved her family when they had nowhere to turn for help. "I want to help NAMI help others."

NAMI San Diego is a non-profit organization that offers help and hope to those who live with mental illnesses and their families. More than 244,000 people are living with mental illness in San Diego alone. In the state of California, 600,000 children, adults and elderly are in need of mental health services that aren't readily available. In our nation, one in five people will suffer from a serious mental illness in their lifetime.

As San Diego's voice on mental illness, NAMI San Diego provides family, teen and corporate outreach services and programs. These include support groups, educational classes, newsletters, outreach presentations and the helpline. These services are offered at no cost to the user, so the organization depends on donations and fundraisers such as this concert.

Get your tickets today at:

www.anthologysd.com orr Call 619-595-0300

Information on Joyce Cooling is at www.joycecooling.com

For more information on NAMI San Diego, call (800) 523-5933. Or visit www.namisaniego.org

Vote For NAMI California Board Members!

Dear NAMI California members: (If you are not now a NAMI California member, please ignore this notice, but consider becoming a NAMI San Diego member, therefore automatically you become a NAMI California member.)

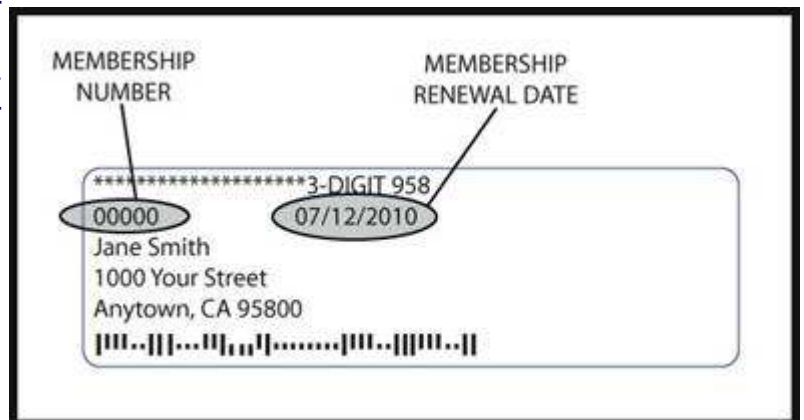
If you are a member and you haven't yet voted in the election for NAMI California board members, **PLEASE VOTE**. To make it easier for you, here is the voting information you will need to vote on-line, plus a statement from each of the candidates.

First, find your membership number. Your membership number is required to vote. Recently, members received in the regular mail an announcement of the conference. Your membership number is on the mailing label. It looks like this->

To vote on line, go here:

<http://www.surveymonkey.com/s/HP8CTCM>

This link will take you to a page where you can quickly and easily vote—and save a postage stamp.



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

NO AUGUST 2010 MEETING FOR BELOW LA JOLLA SUPPORT GROUP!

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

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., Crea-
tive Arts Consortium, Vet to Vet, Crea-
tive 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

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 8, August 2010



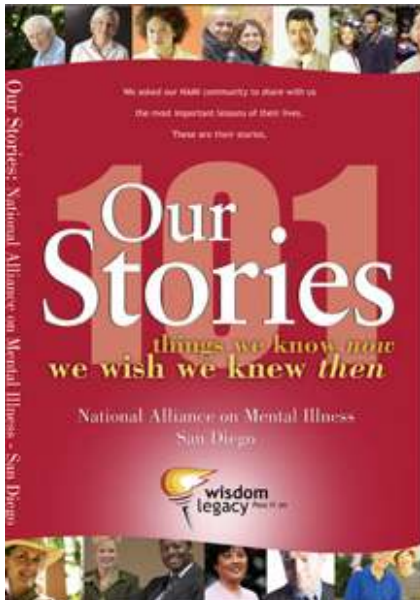
4480 30th Street
San Diego, CA 92116

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

Return Service Requested

Education & Advocacy Meeting

NAMI San Diego
First Thursday of the Month
August 5, 2010
SEE DETAILS INSIDE



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)**