

*Shannon Jaccard
Executive Director
NAMI San Diego*

For the past several decades, NAMI San Diego has hosted a County-wide helpline to assist family members and individuals with lived mental health experience with questions about NAMI, mental health services, and/or to simply be a listening ear.

The NAMI San Diego helpline has been maintained by wonderful volunteers giving their time to give to others. Each month the helpline has received over 200 callers that these amazing volunteers assist.

We are proud to announce the expansion and improvement of our current helpline!

In June 2010, San Diego County Behavioral Health informed us that NAMI SD had been awarded to receive the county contract to run the Family and Peer Support Helpline! Since that announcement we have been off and running to make the upgrades that are necessary.

Brandi Marcoe, MSW, who has worked for NAMI San Diego in the past, has been hired to be the Program Manager. She is currently working on job descriptions for the new family and peer helpline specialists and reorganizing offices to accommodate everyone.

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NAMI San Diego

**Free Education & Advocacy Meeting
Thursday, September 2, 2010 6:30 p.m.**

Living Well with Depression and Bipolar Disorder

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. Living Well with Depression and Bipolar Disorder

John McManamy is an award-winning mental health journalist and advocate and author of the highly-acclaimed "Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You That You Need to Know." He produces the leading mood disorders website, "McMan's Depression and Bipolar Web," blogs as an "expert patient" for HealthCentral and on wide-ranging issues in his own blog, "Knowledge is Necessity."

Mr McManamy has been cited for his ability to make highly technical information understandable to the wider public, leavened by humor, that speaks directly to personal experience. His next book focuses on the insights he picked up moving to San Diego's rural East County after arriving from New Jersey nearly four years ago.

In addition, Mr McManamy serves as Vice President on the board of NAMI San Diego.

8:00 p.m. Tea and Comfort



John McManamy

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



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

Volunteer Orientation for September

The next volunteer orientation is on September 13, 2010 at 11am at the NAMI San Diego office in the front conference room. 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 and fill out a volunteer application available at the meeting.

Fundraising Concert for NAMI San Diego at Anthology was a HUGE Success!

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 was on Friday, August 6th at 7:30pm at Anthology. \$500 was donated to NAMI San Diego from this fundraising event. Thank you so much for all your efforts. It was such a fun night!

Friends in the Lobby Training

The next Friends in the Lobby Training is on September 22 at 4:30pm in the front conference room at the NAMI San Diego office. 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.

Emotional Health: Does Behavior Reinforce Thoughts & Beliefs - R. Raegan Graziani Community Writer

To improve the quality of my life, I first had to become aware of, and identify, unhelpful behavior patterns (i.e., avoidance, withdrawal, isolation) that were fueling and supporting my negative thoughts and beliefs. I couldn't, at will, change my thoughts and feelings (they were what they were), but I could work on my behavior, which, I found out, could positively impact and eventually change what I thought and the feelings and beliefs (about myself and the world) I had assumed were true.

In the following prose, I share my ultimate goals in transforming my life.

I Shall Have Found My Way Back Home.

When I am no longer afraid and trembling with each errant thought and am able to select thoughts which are most important to me, allowing my wisdom to gently guide me,

When I am able to navigate my life without making accommodations for anxiety and depression,

When I, with untroubled mind, am able to see what actually is, rather than frantically grasping at "what if's,"

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

[http://
www.associatedcontent.com/
user/715011/
r_raegan_graziani.html](http://www.associatedcontent.com/user/715011/r_raegan_graziani.html)

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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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 Dir.
Anita Fisher
NAMI San Diego*

Another exciting event at the NAMI National Conference was that FINALLY, after 20 years, the Family to Family Course merits consideration as an Evidenced-based Practice!! Many of us who have taken the Family to Family class course are not surprised by this finding. The preliminary results and conclusions of this randomized study, conducted by the University of Maryland Department Of Psychiatry are as follows:

Results: In the intent to participate analysis, individuals having received FTF showed significantly greater overall empowerment and empowerment within their family, the service system and their community. Individuals who received FTF also had greater knowledge of mental illness, higher ratings of constructive emotion focused coping, and lower ratings of anxiety than individuals in the control condition. In addition, individuals who received FTF reported higher ratings of personal skills related to family functioning.

When the 17 individuals who did not attend any FTF classes even though they were assigned to the FTF condition were excluded from analyses, FTF was also significantly associated with reduced depression symptoms and reduced overall distress.

Conclusions: This rigorous community - based randomized trial provides strong evidence of the effectiveness of the NAMI Family to Family Education Program, the most widely disseminated family support service in the country, and suggests that FTF merits consideration as evidence based practice.

**Fall/Winter 2010 12 Week
Family to Family Classes;
YOU MUST CALL AND REGISTER
AT 619 543-1434 or 800 523-5933**

Language: English
September 13 - November 22, 2010
Mondays, 6:00 p.m. - 8:30 p.m.
San Carlos United Methodist Church
6554 Cowels Mtn Rd.
San Diego, CA. 92119
Register: 619-5431434

Language: English
September 14 - November 30, 2010
Tuesdays, 6:30 p.m. - 9:00 p.m.
St. Michael's Episcopal Church
2775 Carlsbad Blvd.
Carlsbad, CA. 92008
Register: 760-722-3754

Language: English
September 15 - December 1, 2010
Wednesdays, 7:00 p.m. - 9:30 p.m.
Library of Administration Building -
Lower Fireside Room
17010 Pomerado Rd.
San Diego, CA. 92128
Register: 619-543-1434

Language: English
September 18 - December 11, 2010
Saturdays, 9:30 a.m. - 12:00 p.m.
Gethsemane Lutheran Church
2696 Melbourne
San Diego, CA. 92123
Register: 619-543-1434

Language: English
September 18 - December 11, 2010
Saturdays, 9:30 a.m. - 12:00 p.m.
New Creation Church -
Maggie B Jennings Annex
3115 Altadena Ave.
San Diego, CA. 92105
Register: 619-543-1434

Language: English
Dates: September - November 2010
Details TBD
Location: Veteran/Active Duty Military
Family Focus - (CBOC) in Oceanside
Register:
Call Jane Fyer 858-481-7069

Language: English
September 23 - December 9, 2010
Thursdays, 6:00 p.m. - 8:30 p.m.
Spring Valley Youth Coalition (Former
Site of Spring Valley Elementary
School)
3845 Spring Dr. Room 31
Spring Valley, CA. 91977
Register: 619-543-1434

**FALL 10 Week
PEER TO PEER CLASS
YOU MUST CALL AND REGISTER
AT 619 543-1434 or 800 523-5933**

Language: English
September 10 - November 12, 2010
Day of Week: Fridays
Time: 1:00 p.m. - 3:00 p.m.
Neighborhood House Association -
Friendship Clubhouse
286 Euclid Ave, Ste. 104
San Diego, CA. 92114
(Euclid Helath Center Complex)
Register: 619-543-1434





National Alliance on Mental Illness

Inspiration Awards Dinner

Catch The NAMI Wave

**OCTOBER 8, 2010
CATAMARAN RESORT HOTEL**

**3999 MISSION BLVD
SAN DIEGO, CA. 92109
5:30 P.M. - 9:00 P.M.
BUSINESS ATTIRE
\$75.00 PER PERSON**

HONORARY CHAIR

Mr. Todd Gloria

SAN DIEGO CITY COUNCILMAN FROM DISTRICT 3

2010 INSPIRATIONAL PERSON OF THE YEAR AND KEYNOTE SPEAKER

Katie Cadigan

PRODUCER OF "WHEN MEDICINE GOT IT WRONG"
ADJUNCT PROFESSOR AT STANFORD UNIVERSITY

EVENING FESTIVITIES INCLUDE:

NO HOST COCKTAIL HOUR, SPECIAL GUESTS, DINNER, SILENT AUCTION, AND AWARDS PRESENTATION.

FOR QUESTIONS CONTACT:

Annie Dunlop

619-584-5574 OR ANNIEDUNLOP@NAMISD.ORG

TO PURCHASE TICKETS PLEASE VISIT OUR WEBSITE:

www.namisandiego.org

SPONSORED TICKETS

To sponsor a dinner ticket or to apply for a sponsored ticket, please contact Annie Dunlop at 619-584-5574 or anniedunlop@namisd.org



*Shannon Jaccard
Executive Director
NAMI San Diego*

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The new helpline contract has been a great excuse for a little spring cleaning as well. It is a very exciting time for NAMI San Diego!

The new helpline contract will allow us to increase our outreach to the community, including Asian/Pacific Islanders, and assist more individuals and families on their road to mental health recovery.

The new helpline hours will be Mondays, Wednesdays—Fridays from 12:00 p.m.—6:00 p.m. and Tuesdays from 2:00 p.m.—8:00 p.m., and volunteers will cover the hours from 9:00 a.m. on.

Our official start will be October 1st, however we have volunteers standing by to assist you today.

Call us at 1-800-523-5933.

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

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

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

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**P.O. Box 710761
San Diego, CA. 92171**

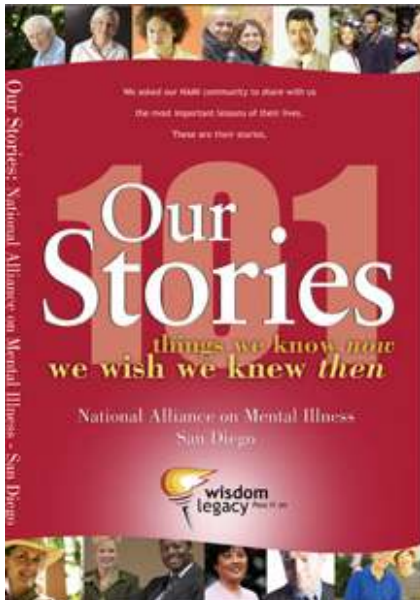
Non-Profit
Organization
U. S. Postage
Paid
San Diego, CA
Permit No. 2695

Return Service Requested



Education & Advocacy Meeting

NAMI San Diego
First Thursday of the Month
September 2, 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)**