

**NAMI San Diego
Free Education & Advocacy Meeting
Thursday, December 2, 2010 6:00 p.m.**

**Annual Meeting and Holiday Potluck
NOTE: Time change for December Meeting**

The Bylaws specify that Board members should be on staggered terms. That is, half of the current Board members are continuing through December, 2011. Note that "any member present at a meeting of the members at which directors are to be elected may nominate one or more persons." The slate below includes four people to fill two-year terms that end December, 2012:

Angela Billings - I reside in North County and first became involved with NAMI over 13 years ago when I needed support and education for a serious mental illness in my immediate family. I joined the NAMI San Diego board after the North Inland affiliate merged with San Diego in 2008. My main interest is in meeting the needs and concerns of North Inland members and helping them access all the resources NAMI has available.

Lisa Ponfick MD - I have enjoyed working with Shannon and the other members of the NAMI San Diego Board of Directors to strengthen our organization, and I would love the opportunity to continue our work. We can continue to spread our message of recovery and hope.

Steve Koh MD - Currently Geriatric Psychiatry Fellow at UCSD, active with San Diego NAMI's Ask-A-Doc Program, research work with San Diego Hospice, and interest in medical education, healthcare policy and systems. He is newly on SD NAMI Board of Directors and is active in local and national leadership roles in physician professional organizations.

Charlie Hearn - Mr. Hearn has been a member of NAMI for the last 7 years and has volunteered for NAMI at many levels. He has been President of NAMI Patton (Patton State Hospital) for the last 7 years, he recently ended his term with the NAMI Ca state board where he chaired the finance committee and served as 2nd Vice President. He has served as Chairman of the Los Angeles County NAMIwalk for the last 6 years and helped build it into one of the largest walks in the country. He is a family member and is also active with Veterans Affairs.



Don't forget about our Family Potluck. Come early – 6 p.m. – and bring a dish to share. If you have a big family, bring a big dish!

**University Christian Church
Friendship Hall
3900 Cleveland Ave.
San Diego, CA. 92103**





*Sarah Ashworth
Peer Recovery
Prog. Coord.*

NAMI IOOV Training Summary October 15-16, 2010: Congratulations to our 16 newly trained In Our Own Voice Presenters! I wanted to thank our generous sponsors who made this training a great success: Oggi's Pizza, Coco's Bakery and Restaurant, Starbucks, Trader Joes, Crossroads Food Distributions Co-Op, Ralphs, and Vons. Several of our presenters are out in the community already doing presentations.

NAMI Peer to Peer 2011 Registration: NAMI Peer to Peer is a ten week recovery education course, taught by two trained mentors who are experienced with living well in recovery from mental illness. We will be offering several classes at the beginning of 2011, throughout the San Diego area.

To register, please call the **Family and Peer Helpline:** 619-543-1434, or 800-523-5933.

NAMI Connection Recovery Support Group: Meets every Thursday (6:00pm) at the NAMI San Diego office, 4480 30th Street Suite C, San Diego, CA. 92116.

The meetings are 90 minutes long and led by two trained facilitators. This group is closed to consumers only. Participants also must be 18 and over to attend.



NAMI North Coastal Update

NAMI North Coastal's Peer-to-Peer Recovery Education Course is starting in Carlsbad on January 2011.

The Peer-to-Peer Recovery Education Course is a ten week – two and a half hours per week – educational course on the topic of recovery for any person with a serious mental illness who is interested in establishing and maintaining wellness.

The course is offered free of charge to anyone who experiences serious mental illness and will be held on Wednesdays from 9:30 am – 12 noon beginning January 26, 2011 at the Pilgrim United Church of Christ in Carlsbad. Pre-registration is required. To register or for more information, please call (760) 722-3754.



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.

PURCHASE YOUR COPY BY:

- Visiting our website at www.namisaniego.org
- Call 619-584-5564 to make an appointment to pick it up

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, MD
- ▶ Vice President - John McManamy
- ▶ Treasurer - Louise Groszkruer
- ▶ Secretary - Karen Gurneck

Directors at Large

- ▶ Judy Wasik
- ▶ Don Berk
- ▶ Angela Billing
- ▶ Steve Koh, MD
- ▶ David Miller
- ▶ Sally Shepherd
- ▶ Charlie Hearn

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- ▶ Kristin Cadenhead, M.D., Chair
- ▶ Neal Swerdlow, M.D., Ph.D.
- ▶ Dan Sewell, M.D.
- ▶ Carol Matthews, M.D.

Executive Director

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



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

NAMI San Diego is having an Art Show!

If you are interested in getting involved, submitting original artwork, or volunteering please email Annie Dunlop anniedunlop@namisd.org

Wednesday December 1, 2010
5:00pm ~ 9:00pm

\$5.00 cover

(NAMI San Diego donation)

The Art Show will be held at
Cirello Gallery 3803 Ray Street
San Diego CA 92104

Enjoy free refreshments, listen to live music, experience and PURCHASE original NAMI artwork. 10% of ALL Art Proceeds go to NAMI San Diego.

Great event for Holiday shopping that supports local non-profits and local artists.

All artwork purchased at the show will be available for pick up at 9:00pm after the show or at the NAMI San Diego Education and Advocacy Meeting on December 2, 2010.



Check out the Cirello Gallery at the Upcoming event "Ray at Night" on December 11th 2010

Volunteer Orientation for December

The next volunteer orientation is on **December 6, 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.



NAMI Walk 2011 Meeting

*The NAMI Walk is coming up on
April 16, 2011. We are officially in
WALK Season!!!!*

The next NAMI Walk meeting is on December 7th from 11am -12pm in the front conference room at the NAMI San Diego office. If you are interested in helping to plan the NAMI Walk we would love your input! If you are interested in volunteering on the NAMI Walk committee please come to the meeting or contact Annie Dunlop: anniedunlop@namisd.org.

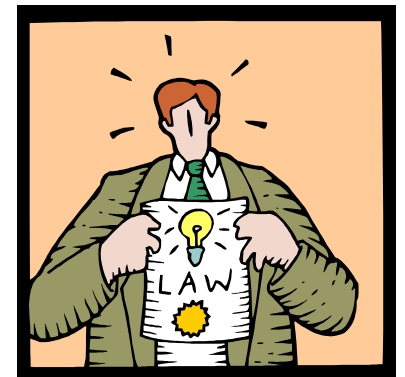


Don't forget about our December Education and Advocacy meeting on December 2, 2010 at the University Christian Church...

HOLIDAY POTLUCK! Bring your best dish and your Holiday Cheer!

~Save the Date~

January Education and Advocacy Meeting on Thursday, January 6th 2011. We will have speakers to discuss the new legislation that affects the mental health community of San Diego county and what it means in the coming year!





Anita Fisher
Education Dir.
NAMI San Diego

This month I want to introduce you to some of the work NAMI California has been involved in regarding Criminal Justice for people living with Mental Illness and their families. Due to my own lived experiences with my family member in this arena, I became active in local and statewide advocacy to help foster change where needed. I also facilitate a Criminal Justice Support Group for families who have or have had loved ones with mental illness in jail or prison.

I will continue to update you with information on criminal justice matters that may affect your family member living with mental illness.

Below is an update from the NAMI CA Criminal Justice Chair and Vice President of NAMI California.—Anita

NAMI California Criminal Justice Workgroup November Update

From NAMI California by Mark Gale, November 1, 2010

On October 11, 2010 our newly formed Criminal Justice Workgroup held its first Conference Call. This year NAMI California is broadening participation to gain from the valuable experience of both current and past NAMI California Criminal Justice Workgroup Chairs, as well as NAMI affiliate and criminal justice leaders from around the state. Attendees included Mark Gale, Chair; Randy Beckx, Vice-Chair. Trula LaCalle, Executive Director, and members Roberta English, Anita Fisher, David House, May Farr. Carla Jacobs and Sharon Roth have also agreed to lend their valuable expertise to the

Workgroup as well.

The Workgroup leadership will be establishing the goals for this new board session that will include reaching out to our growing Criminal Justice Advisory Pool to solicit their assistance with special projects. Our first call was a brainstorming session and a discussion of current criminal justice issues around the state. Topics and potential goals discussed that included:

- An overview of the Plata/Coleman Appeal to the United States Supreme Court;
- Review of the Criminal Justice Forum at our State Conference and the appeal for more members to our Advisory Pool to assist the Workgroup with several projects;
- Expansion of the “Tracking California Best Practices” section of the NAMI California website to include other best practice listings;
- Expansion of the implementation of the Inmate Mental Health Information Form to the remaining six Reception Center prisons;
- Development of Prison Workgroup: Discussion revolved around the importance of allowing family members to participate as members of inmate treatment teams and the collaboration of writing a “Prison Guide” for NAMI families. Our Prison Workgroup will collaborate with a team from CDCR to review new protocols and procedures to accomplish this innovation;
- Development of State Hospital Workgroup: Discussed development of a group that would work towards advocating CIT training for state hospital police forces, an idea championed by member, Fred Zullo;
- Re-Entry Programs: Discussed the idea of posting best practice models as templates for advocates to use in other jurisdictions, and to continue

shining a light on counties that are attempting to make real reductions in recidivism;

- Review of NAMI California's participation on the Inmate Transitional Protocol Workgroup, a collaboration between CDCR, counties, and members of the Access Coalition dealing with the complexities of parolee and non-revocable parolee discharges back to our communities.

These are ambitious goals that are worthy of the efforts of NAMI California members. The completion of such projects is entirely dependent on the volunteer hours provided by members of the Workgroup leadership and our Advisory Pool. If you would like to receive news on progress and/or volunteer your time and expertise to our Advisory Pool to assist with any of the above projects, or have other ideas where emphasis is needed, please email: nami.criminaljustice@namicalifornia.org and request a blank Advisory Pool application.

Best to you all,

-- Mark Gale, Second Vice-President
 NAMI California Board of Directors
 NAMI California Government Affairs and Policy Committee, Chair
 NAMI California Criminal Justice Workgroup, Chair



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

NO Support Group November and
December 2010 Group will Resume
January 18, 2011
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

Spanish Family Support Group

2nd & 4th Monday, 5:00—7:00 p.m.
Maria Sardinias Wellness & Recovery
1465 30th Street, Suite K
San Diego, Ca. 92154
Kika Cortez (619) 397-8835

Vietnamese Family Support Group

2nd Saturday, 9:30 a.m.-10:30 a.m.
Linda Vista Library
2160 Ulric Street, San Diego, CA 92111
Contact Helene Quach:
htquach09@gmail.com or
(858) 610-5882

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

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, 5o Sabado: 9:30 a.m. - 12:00

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 Program

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.

NAMI San Diego's Family & Peer Helpline

1-800-523-5933

619-543-1434

Monday: noon-6pm

Tuesday: 2-8pm

Wed/Thu/Fri: noon-6pm

Free, safe, confidential information, referrals, and support for peers (individuals with lived mental health experience) and their loved ones.

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.

Adult peers talking with adult peers.

Courage to Call

1-877-698-7838

24-Hours a day, 7 days a week

Veterans, military, reservists, guards & their families

Youth Talkline

1-877-450-5463

Mon-Fri 2-8pm

Children, teen & young adults

Family Support Line

For families, parents, & Caregivers of Youth

1-877-470-5463

Mon-Fri 2-8pm

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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Return Service Requested

Education & Advocacy Meeting

NAMI San Diego
First Thursday of the Month
December 2, 2010
SEE DETAILS INSIDE



The New York Times calls NEXT TO NORMAL "A brave, breathtaking musical. A work of muscular grace and power. It is much more than a feel-good musical; it is a feel-everything musical." Rolling Stone raves, "It is the best musical of the season by a mile. It'll pin you to your seat."

This exciting play is coming to San Diego and is co-sponsored by NAMI San Diego!

2011 Performance Schedule

Tuesday, January 18, 7:00 PM

Wednesday, January 19, 7:00 PM

Thursday, January 20, 7:30 PM * NAMI SAN DIEGO NIGHT

Friday, January 21, 8:00 PM

Sunday, January 23, 6:00 PM

THE BALBOA THEATRE

868 4th Ave.

San Diego, CA 92101

The historic Balboa Theatre was originally opened in 1924 as a vaudeville house before being converted to a movie theatre in 1932.

This Gaslamp Quarter landmark is located on Fourth Avenue adjacent to Horton Plaza.

RATING: A Stirring Musical, for Teens and up

To order your discount ticket that supports NAMI San Diego, Go To www.namisaniego.org, follow the Special Offer link and, when prompted, enter the Special Offer Code, "NAMISD."