



# The Advocate

January 2011

National Alliance on Mental Illness

Volume XV, Issue 1

## NAMI San Diego

**Free Education & Advocacy Meeting Thursday, January 6, 2011 6:30 p.m. - 8:30 p.m.**

### **Mental Health Advocacy**

**Empower yourself this year, and get involved with Mental Health Advocacy!**

Are you or someone in your family wondering how new legislation could affect the mental health of the San Diego community? We here at NAMI San Diego want to inform our members about any new legislation that passed in November and legal rights regarding the mental health community in San Diego. The Mental Health Program Manager for the Consumer Center for Health Education and Advocacy since 2003, and a well-known advocate for the rights of mental health clients and persons who are homeless, Carol Neidenberg, is going to be speaking about the legal rights for you and your loved ones that are living with mental illness.

It will be a huge benefit to those living with a mental illness and their family members to know more about the legal rights and obligations that San Diegan's face; and get an expert's point of view of how to be more involved and educated about issues that affect us.

**Schedule:**

***6:30 p.m. Meet the Doctors***

***7:00 p.m. Program***

***8:00 p.m. Tea and Comfort***

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



# SAVE THE DATE!

## San Diego County NAMI Walk April 16th, 2011

*NAMI Walks for the Mind of America...*

*Changing minds one step at a time!*

April 16, 2011 ~ Balboa Park – 6th Ave & Quince

**CHECK-IN TIME: 6:30AM WALK START TIME: 8:15AM**



*Sarah Ashworth*  
Peer Recovery  
Prog. Coord.

### **NAMI Peer to Peer Recovery Education Program**

Peer to Peer Recovery Education Program is a free ten week course, for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

The following NAMI Peer to Peer Recovery Classes are OPEN for registration!

#### **1. EAST COUNTY:**

1/26/2011-3/23/2011 El Cajon Library  
201 E. Douglas Ave, El Cajon, CA  
92020. WHEN: Every Wednesday,  
from 5:30pm-7:30pm

#### **2. NORTH INLAND:**

3/8/2011-5/19/2011 Rancho Bernardo  
Community Presbyterian Church  
17010 Pomerado Rd. San Diego CA,  
92128 WHEN: Every Tuesday, from  
1:00pm-3:00pm

LOOK for our NAMI Peer to Peer  
Older Adult focused courses coming in  
April 2011 and our Transitional Age  
Youth focused courses coming in May  
2011!! Sign up on our waitlist!!!

We are taking individuals for our  
waitlist in English and Spanish for next  
year's Peer to Peer Recovery  
Education Classes!

**Please call our HELPLINE**  
**(619) 543-1434 or (800) 523-5933 to**  
**be put on our waitlist.**



### **NAMI Connection Recovery Support Group**

Meets: Every Thursday from 6-7:30pm  
at the NAMI San Diego Office  
4480 30th Street SD, CA 92116

What: Support Group discusses  
variety of topics and themes following  
models and guidelines. Must be over  
18 years of age and must be an  
individual with a serious mental illness.  
It is strictly a consumer support group.  
Family members may drop off loved  
ones but cannot stay at the meeting  
due to confidentiality.

### **NAMI In Our Own Voice (IOOV)**

What: Community Outreach program  
delivered by team of two trained  
individuals living well in recovery from  
mental illness who share their  
experiences as we attempt to break  
down stigma and educate others  
through our stories.

ARE you interested in getting involved  
in your community? Would you like to  
learn more about how In Our Own  
Voice (IOOV) is reaching out to the  
Hispanic Community and other popu-  
lations?

### **COME to our next MULTICULTURAL/DIVERSITY IOOV OUTREACH Meeting.**

NEXT MEETING: JANUARY 4th  
(Tuesday) @ 10:00 am.

Presentations coming in January!

If you would like to become involved in  
NAMI Connection, NAMI Peer to Peer,  
or NAMI IOOV please contact me  
sarahashworth@namisd.org

## *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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- ▶ 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](mailto:information@namisd.org)**

**Web Site: [www.namisandiego.org](http://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](mailto:sjaccard@namisandiego.org) or  
contact any of the people mentioned  
in the articles.**



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



### 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 Tuesday January 4th 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 at [anniedunlop@namisd.org](mailto:anniedunlop@namisd.org).



### Transitional Employment at The Meeting Place Clubhouse

Transitional Employment or TE Placements are a unique component of all I.C.C.D. Clubhouses. The Meeting Place Clubhouse has been building relationships with employers throughout the community to help our members get back to work since 2005. This great service to members helps them build their resumes and self confidence. Many of our members participating in TE have never worked or have been out of the workforce for several years prior to taking a position.

Some of the unique aspects of TE are: the Clubhouse guarantees coverage on all placements during member absences, the Clubhouse

staff trains the member on the job, and the employer does not have to conduct a formal interview process, because the Clubhouse will find the right member for the position. TE placements are typically 15 to 20 hours per week, low stress, and last 6 to 9 months.

One of our TE employers is UltraStar Cinemas. The relationship formed between TMP and UltraStar has been successful in transitioning many of our members back into time unlimited employment within the community. One of our recently successful placements is Rick Smith. This is part of his story.

"As for other aspects of my life, I wasn't even thinking about getting a job. Actually, I didn't even think I could ever get a job again. That's why I was apprehensive when one of the staff, approached me about a TE position that opened up at the theater, working as an usher. Despite being hesitant I told her, 'ya, I could take the job,' and I filled out the application. 2-3 weeks later, I went in for a meet and greet with the general manager, Joe. I was glad that they saw something in me that no one else saw—a potential—and were willing to give me a chance despite my background."

Rick has completed his TE placement, and is now a regular part-time employee of UltraStar Cinemas. If you or someone you know is interested in helping develop TE placements for our Members or would like more information, please contact Lindsey Treankler at 619-294-9582 or by email at [LTreankler@mhsinc.org](mailto:LTreankler@mhsinc.org)



### The NAMI San Diego Art Show was a HUGE Success

Thank you to everyone who attended the art show on Wednesday December 1, 2010 at the Cirello Gallery. There were six NAMI San Diego books purchased, five pieces of art sold and over 150 people in attendance.

We appreciate you helping to fight the stigma of mental illness, and raising over \$500 to support NAMI San Diego programs.



Look for the art show again next year to kick off the holiday season.

### Volunteer Orientation for January

The next volunteer orientation is on January 10th 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.



*Anita Fisher  
Education Dir.  
NAMI San Diego*

As we look forward to the New Year, we could not move into 2011 without thanking the many volunteer Family to Family Teachers, Peer to Peer Mentors, and Support Group Facilitators who give their time and talents to make our NAMI Signature programs successful. Also, the many locations who provided us free use of conference room space so that we could ensure our programs are available in all areas of San Diego County. This month I would like to acknowledge them all by name.

We are fortunate to receive some funding from two Mental Health Services Act contracts through County Behavioral Health HHS. However, without the wonderful dedicated people who willingly give back by volunteering their time to present these class courses, and facilitate weekly or monthly support groups, these services could not be provided.

Family to Family classes are taught with a team of two teachers and sometimes an additional resource person. The Peer to Peer classes are taught with a team of two Mentors and one resource person. The number next to their name will indicate how many times between January 2010 and December 2010 they taught a class course.

#### **FAMILY TO FAMILY TEACHERS**

Abraham Salazar, Anita Fisher, Anna Kelso, Bettie Reinhardt(2), Connie German-Marquez, Connie Horst, Dexter Duenas (2), Doris Bloomberg, Ellie Taylor (2), Fran Mcneel, Guadalupe Marquez, Helen Norman, Helen Quach, Jackie Bachman,

Jayashree Pyati, Jerry Levens (2), Jim Bachman, Joan Williams, Jon Turley, Judy Mapston (2), Judy Sperling, Judy Wasik, Kika Cortez, Linda Graham, Linda Love, Martha White, Marty Aspenleiter, Nancy Fuller, Paul DeMartini, Paul Love, Sarah Jayyousi, Shadi Haddad(2), Silvia Perez, Sue Benson, Tom White, Tri Nguyen (2), and Wendy Sperling.

#### **PEER TO PEER MENTORS**

Ann Cummings(2), Arthur Engen, Carmen Lucci, Carol Metzger(2), Devin Eshelman(2) Dora Catalano, Doug Meron, Emily Figman(2), Ignacio Flores(2), Ignacio Morales, Isabel Vidales(2), Janice Hory, Judith Mandel, Jessica Zoe, Leticia Acuna, Luis Yanez (2), Marcella Ramirez, Maureen Dorsey, Nita Shepard-Duenas(2), and Sarah Ashworth(2).

#### **SUPPORT GROUP FACILITATORS**

Peer Connections Facilitators-Devin Eshelman, Jim Whitham, Sarah Ashworth, Eric Corey, and Kelly Levens. Family Support Groups-Ellie Taylor, Gina Osuna, Helen Bergen, Jim and Margaret England, Joan Williams, Laurie Smith, and Liz Hersch.

One of the reasons we are able to offer our education class courses throughout San Diego County is the generosity of many churches, community centers, libraries, and other organizations that support our efforts.

Alpine Special Treatment Center, Chaldean Middle Eastern Service Center, Coronado Library (WINN Room), Escondido Clubhouse, Friends Christian Church, Gateway Community Church, Gethsemane Lutheran Church, Heritage Clinic (Vanderveer & Twain), Miramar College, Neighborhood House Association-Friendship Clubhouse, New Creation Church, Pilgram United Church, Rancho

Bernardo Community Presbyterian Church, San Carlos United Methodist Church, Southbay Dual Recovery Center, Spring Valley Youth Coalition, St. David's Episcopal Church, St. Marks United Methodist Church, St. Michael's Episcopal Church, Tri-City Medical Center, UPAC East Wind Clubhouse.

#### **STAFF**

Last, but by no means least, is the staff that helps me make all of this happen on a daily basis; Nancy Fuller, Education Department Assistant, and Sarah Ashworth, Peer Recovery Programs Coordinator.

Nancy and Sarah enlist the assistance of some very special volunteers; Paul Love who for the past several years took on the prep work to prepare the Family to Family class materials. Then, there is Jennifer Fobber who spends many hours copying the latest resource information for the classes. Finally, there is Gabriella Swift and Donnetta Marriott who assist Sarah with copying and assembling packets for community presentations.

Again, thank you all for what you do. With your help, we are able to positively impact the lives of anyone affected by mental illness.



# 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

### **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  
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 (As of 1/3/11) 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 p.m.*

### **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](http://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. XV, Issue 1, January 2011



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## Education & Advocacy Meeting

**NAMI San Diego**  
First Thursday of the Month  
January 6, 2011  
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

**Friday, January 21, 8:00 PM \* NAMI SAN DIEGO NIGHT**

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](http://www.namisaniego.org), follow the Special Offer link and, when prompted, enter the Special Offer Code, "NAMISD."