



The Advocate



THE OFFICIAL NEWSLETTER OF NAMI SAN DIEGO

Volume XV : Issue 8 · August 2011

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NAMI SAN DIEGO

FREE EDUCATION & ADVOCACY MEETING

Thursday, August 4, 2011 6:30-8:00 p.m.

San Diego County Tobacco Control Coalition

Tobacco use continues to be the number one preventable cause of death in the United States. California's Tobacco Control Program has made great strides in the fight against tobacco, showing a steady decline in cigarette smoking to an historic low of 11.6% adult smoking prevalence in 2008. However, smoking rates within California and San Diego's diverse communities are disproportionately higher. Not only do some of these communities experience an unfair burden brought on by the disparities in tobacco use, they are also aggressively targeted by the tobacco industry. The behavioral health community continually tops this list with some of the highest smoking rates. The San Diego County Tobacco Control Coalition is working on various projects to outreach and engage providers working with these diverse populations.



Mark your calendar and if you need more information, contact NAMI San Diego at (800) 523-5933. Or visit www.namisaniego.org

Schedule:

6:30 p.m. Ask the Doctors
7:00 p.m. Program
8:00 p.m. Tea and Comfort

Location:

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

CONTACT US!

NAMI San Diego
P.O. Box 710761
San Diego, CA
92171-0761

Email:
information@namisd.org

Website:
www.namisaniego.org

Family & Peer Support Helpline

619-543-1434
1-800-523-5933

Monday - Friday
10:00 a.m. - 6:00 p.m.

From the Executive Director ...

Over the years, NAMI San Diego has been consistent with the mission of education, support and advocacy for everyone affected by mental illnesses. This is shown in the number of support groups, education classes, community outreach activities, seminars, monthly Education and Advocacy meetings and monthly newsletters we have offered. At the NAMI National conference a few weeks ago, NAMI San Diego was recognized for all its hard work by accepting the Affiliate of the Year Award!! NAMI San Diego would like to thank everyone who makes this affiliate such a success and wonderful resource to the community. From our staff to our board, our numerous volunteers, and partner agencies, as well as our sister affiliates NAMI North Coastal and NAMI SIT, thank you for all you have done to support the mission of NAMI San Diego!

- Shannon Jaccard, Executive Director, NAMI San Diego



Brandi Marcoe (left), Program Manager of NAMI San Diego's Family & Peer Support Helpline accepts the Outstanding NAMI Affiliate Award on behalf of NAMI San Diego from Carol Caruso (right), Secretary, NAMI National Board of Directors.



**Annie Dunlop,
Development & Events Manager,
NAMI San Diego**

Email: anniedunlop@namisd.org

Volunteer Orientation

The next Volunteer Orientation is Monday, August 1 at 11:00 a.m. at the NAMI San Diego office (4480 30th Street, San Diego, CA, 92116) in the front conference room. We encourage all to attend! We have several opportunities from clerical work at the office, to working at a NAMI San Diego booth at a health fair. In order to become a volunteer you need to attend a Volunteer Orientation and fill out a volunteer application, which are available at the meeting.

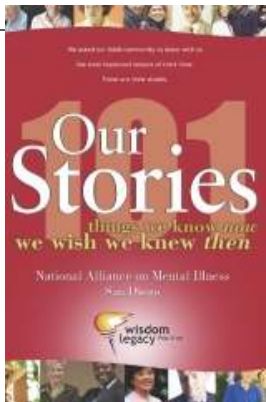
Interested in Sharing *YOUR* Story ...

Everyone loved the NAMI San Diego Book *The Things We Know Now We Wish We Knew Then*, and the next book is going to be underway this coming fall 2011!!! That's right, we are writing another book! We encourage all that are interested to contact Melissa McCune, a NAMI San Diego volunteer, who will be taking up the Book Project, or Annie Dunlop, Development & Events Manager. There are several opportunities to share your story (because not everyone is comfortable using a computer). This time around we will have scribes who will listen and record all of the important information people are generously sharing. That way, we have different avenues to collect stories.

Melissa's email address:
MelissaMcCune@cox.net

Annie's email address:
anniedunlop@namisd.org

Annie's telephone number:
(619) 584-5574



Friends in the Lobby Program Meeting

Every month the Friends in the Lobby volunteer group will be meeting to share ideas and get NAMI San Diego updates to the local hospitals. Our next meeting is Wednesday, August 24, 2011 at 10:00 a.m. The Friends in the Lobby Program is all about "Smiles, Compassion, Information, and Hope". NAMI San Diego's mission is to provide education, support services, and advocacy to ALL who are affected by mental health challenges. A NAMI San Diego volunteer will be available in the lobby at local area hospitals that have inpatient psychiatric units during certain visiting hours. Come join us and find out more!



**Friday,
October 7,
2011**

**NAMI San Diego Inspirational Awards
Dinner at The Catamaran Hotel and Resort
more details to follow...**

--- Silent Auction Items Needed! ---

If you are interested in donating items to the silent auction, or donating your time, please contact us! We are creating gift baskets with several different themes and really want to make them look fantastic so we can raise money at the dinner with fabulous silent auction items, door prizes, and raffle prizes. Interested please email Valerie Sullivan at valeriesullivan@namisd.org

If you are interested in helping to plan the dinner please contact Annie Dunlop at anniedunlop@namisd.org or join us at our next dinner committee meeting on Friday, August 5, 2011, 9:30 a.m. at the NAMI San Diego office (4480 30th Street, San Diego, CA, 92116).

NAMI San Diego, a non-profit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

**NAMI San Diego is an affiliate of
NAMI and NAMI California**

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Executive Director:

Shannon Jaccard
sjaccard@namisaniego.org

**The NAMI San Diego Newsletter
is a monthly publication of:**
NAMI San Diego
P.O. Box 710761
San Diego, CA 92171-0761

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E-mail: information@namisd.org

Web Site: www.namisaniego.org

The NAMI San Diego *Newsletter*
Staff: Rita Navarro
Patrick Cremeens

**Articles received by the 15th will be
considered for publication in the
following month's newsletter. Send
articles to: information@namisd.org**

*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.*



Anita Fisher,
Education Director,
NAMI San Diego
 email:
anitafisher@namisd.org

It's that time of year when we take time to thank and acknowledge all of the wonderful volunteer Family-to-Family teachers and Support Group Facilitators. There were 21 Family-to-Family classes that began and ended between June 1, 2010 and June 30, 2011. Over 270 family members and friends completed the free 12-week class course throughout San Diego County. I would like to list the names of the Family-to-Family teachers who volunteer twelve weeks, and approximately four hours per class to present this course.

TEACHERS WHO TAUGHT TWO 12 WEEK COURSES THIS FISCAL YEAR

- Bettie Reinhardt
- Dexter Duenas (NAMI North Coastal)
- Maria Guadalupe Garcia (Spanish)
- Jon Turley
- Linda Love
- Nancy Fuller
- Shadi Haddad (Arabic)

Newly Scheduled English Language Family-to-Family Courses:

To register for Family-to-Family classes, please call NAMI San Diego's Family & Peer Support Helpline at 619-543-1434 or 1-800-523-5933

To be placed on the wait list for the Arabic, Spanish, or Vietnamese classes, please call NAMI San Diego's Family & Peer Support Helpline at 619-543-1434 or 1-800-523-5933

Area: East San Diego County
 Friends Christian Church
 10925 Hartley Rd., Suite K, Santee, 92071
 Thursdays, 6:30-9:00 p.m.
 Starting: Thursday, August 11, 2011
 Ending: Thursday, October 27, 2011

Area: North Central San Diego County
 The offices of 211 SAN DIEGO
 5251 View Ridge Ct., San Diego, 92123
 Wednesdays, 5:30-8:00 p.m.
 Starting: Wednesday, September, 7, 2011
 Ending: Wednesday, November 16, 2011

- TEACHING TEAMS**
- NAMI San Diego**
- Harini Narasimhan & Bettie Reinhardt
 - Anita Fisher & Marty Aspenleiter
 - Bettie Reinhardt & Jerry Levens
 - Carol Higgins & Linda Love
 - Connie Ashworth & Connie German-Marquez
 - Ellie Taylor & Judy Mapston
 - Joan Williams & Paul DeMartini
 - Linda Love & Paul Love
 - Martha & Tom White
 - Nancy Fuller & Jon Turley

- NAMI North Coastal**
- Connie Horst & Dexter Duenas
 - Elena Loeb & Dexter Duenas
 - Marie Revere & Lia McGuinness

- Familia-a-Familia (Spanish)**
- Maria Guadalupe Garcia & Silvia Perez
 - Gina Osuna & Adela Soto
 - David Mata & Maria Guadalupe Garcia, Aurora (resource)

- Vietnamese Family-to-Family Teachers**
- Tri Nguyen
 - Helen Quach
 - Vanae Tran

These classes could not have taken place without the free facility use by the following locations, who often allow us usage multiple times per year:



- Carmel Valley Library
- Carmen's Place
- Chaldean-Middle Eastern Social Services
- El Cajon Public Library
- EMASS
- Gethsemane Lutheran Church
- Lemon Grove Library
- Miramar College
- New Creation Church of San Diego
- Rancho Bernardo Presbyterian Church
- San Carlos United Methodist Church
- Spring Valley Youth Coalition
- St Mark's United Methodist Church
- St. Andrew's Episcopal Church
- St. Michael's Episcopal Church
- Tierrasanta Community Center
- Tri-City Hospital
- UPAC



Area: North Coastal San Diego County
 FOR DETAILS, CALL NAMI NORTH COASTAL AT 760-729-8901
 Tuesdays, 6:30-9:00 p.m.
 Starting: Tuesday, September 20, 2011
 Ending: Tuesday, December 6, 2011
 TO REGISTER, CALL NAMI NORTH COASTAL AT 760-729-8901

Area: North Inland San Diego County
 Rancho Bernardo Presbyterian Church
 1710 Pomerado Rd., San Diego, 92128
 Wednesdays, 6:00-8:30 p.m.
 Starting: Wednesday, September 21, 2011
 Ending: Wednesday, December 7, 2011

Area: East San Diego County
 Herrick Community Health Care Library
 9001 Wakarusa St., La Mesa, 91941
 Saturdays, 9:00-11:30 a.m.
 Starting: Saturday, October 1, 2011
 Ending: Saturday, December 17, 2011

Area: North Central San Diego County
 St. Mark's United Methodist Church
 3502 Clairemont Dr., San Diego, 92117
 Mondays, 6:30-9:00 p.m.
 Starting: Monday, January 9, 2012
 Ending: Monday, March 26, 2012

Area: North Central San Diego County
 Gethsemane Lutheran Church
 2696 Melbourne Dr., San Diego, 92123
 Saturdays, 9:30 a.m. - 12:00 p.m.
 Starting: Saturday, January 14, 2012
 Ending: Saturday, March 31, 2012

Area: East San Diego County
 St. Andrew's Episcopal Church
 4816 Glen St., La Mesa, 91941
 Fridays, 6:00 - 8:30 p.m.
 Starting: Friday, January 20, 2012
 Ending: Friday, March 30, 2012

Important Numbers

Access & Crisis Line

1-800-479-3339

24-hours a day, 7 days a week

Provides mental health crisis intervention and information and referral to mental health services in San Diego County.

Client Warm Line

1-800-930-9276

Daily: 4:00 p.m. - 11:00 p.m.

Fellow consumers who have been there, done that. Listening and talking are what they like to do. The Consumer Warm-line

Team provides non-crisis peer telephone services, support, information, resources, referrals, and pre-crisis intervention.

Courage to Call

1-877-698-7838

24-hours a day, 7 days a week

A veteran staffed toll-free helpline for Veterans, Active Duty, Reservists, National Guard and their families. Confidential information, guidance, and referrals to help reduce the stress associated with military/family life and rejoining the community when discharged from the military.

Youth Talkline

1-877-450-5463

Mon-Fri: Noon-6pm

A confidential service that offers information, support and referrals to children and teens for themselves or someone they care about.

Family Support Line

1-877-470-5463

Mon-Fri: Noon - 6:00 p.m.

A confidential service that offers information, support and referrals to caregivers and family members of at-risk youth.



Michelle Shirley,
In Our Own Voice Coordinator, NAMI San Diego
 Email: michelleshirley@namisd.org

Greetings from In Our Own Voice!

The past four months have been a wonderful transition period for me as the new In Our Own Voice Coordinator. I want to give a special "thank you" to five very helpful and faithful volunteers:

- Toni Jeter
- Donetta Marriott
- Sally Sheperd
- Diana Waugh
- Stephanie Swift

We've continued to make progress during my training period. We've presented at several venues including: UCSD Psychiatry Employment Reentry, Community Research Foundation, and MHS Mid-Coast Recovery (just to name a few).

We'd also like to welcome aboard five new presenters all trained to present in Spanish by NAMI Orange County affiliate:

- David Montez
- Maria Guadalupe Garcia
- Antonio Fregoso
- Leticia Acuna
- Marcella Ramirez

Upcoming Events Include:

Orientation with newly trained Spanish speaking presenters August 2, 2011 at noon. Meet & Greet with In Our Own Voice speakers Thursday, August 4, 2011 at 12:00 p.m. at the NAMI San Diego Office located at 4480 30th Street, San Diego, CA 92116.

I look forward to seeing you there!



NAMI San Diego is enrolled in the Ralphs Community Rewards Program!

If you shop at Ralphs, you can use your Ralphs Rewards card to help raise money for NAMI San Diego! **We are NPO (Non-Profit Organization) # 93091**

How to register your Ralphs Rewards card in the Community Rewards Program:

- Have your Ralphs Rewards card handy and go to www.ralphs.com.
- Click on "Services" (on the top of the website)
- Click on "Community Contributions"
- Click on "Enroll" (at the bottom of the page)
- Register your card with NPO (Non-Profit Organization) # **93091**

If you do not yet have a Ralphs Rewards card, they are available at the customer service desk at any Ralphs, or you can sign up for one online at: www.ralphsrewards.com

REMEMBER!

- Purchases will not count until after you register your card(s).
- Members must swipe their registered Ralphs Rewards card or use the phone number that is linked to their registered Ralphs Rewards card when shopping for each purchase to count.

Need help with your Ralphs Rewards card?

Go to: www.ralphs.com/help/Pages/account_help.aspx

Or call: 1-800-660-9003

Meeting Schedule and General Support Groups

NAMI San Diego's General Support Groups and Meetings are FREE and you can drop in without registering. These support groups are open to family members and the person with the mental illness, although they are mainly attended by family members. For more information, call NAMI San Diego's Family & Peer Support Helpline at (619) 543-1434 or (800) 523-5933 (unless other number stated)

NAMI San Diego Support Group

3rd Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI San Diego Office
4480 30th St., San Diego, CA 92116

Central Region Support Group

1st Monday, 6:30 p.m. - 8:00 p.m.
NAMI San Diego Office
4480 30th St., San Diego, CA 92116

East County Support Group

1st Tuesday, 6:15 p.m. - 7:45 p.m.
El Cajon Library
201 E. Douglas Ave., El Cajon, CA 92020

Clairemont NAMI Support Group

2nd Monday, 7:00 p.m. - 8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton St., San Diego, CA 92110

La Jolla NAMI Support Group

1st Thursday, 7:15 p.m. - 9:00 p.m.
La Jolla Presbyterian Church
7715 Draper Ave., La Jolla, CA 92037
Life Center Bldg, Room 9, Upstairs. Park on Draper, go up steps, turn left, go into building facing you, climb stairs, turn right, follow short hall until come to room. For more information, call (858) 457-5057

Rancho Bernardo Support Group

3rd Tuesday, 7:00 p.m. - 8:30 p.m.
Rancho Bernardo Community
Presbyterian Church
17010 Pomerado Rd.,
San Diego, CA 92128
For more information, 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 & Family Coalition
3845 Spring Dr., Room 31
Spring Valley, CA 91977

Sibling and Adult Children's Group

2nd Wednesday, 7:00 p.m. - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the Westfield (UTC) Mall
San Diego, CA 92122
More information, call
Michelle Cauble at: (858) 756-3140

Spouses/Partners of Persons with a Diagnosis of Bi-Polar Disorder

3rd Tuesday, 6:30 p.m. - 8:00 p.m.
Clairemont Lutheran Church
(Luther Hall, Room 2 on the 1st Floor)
4271 Clairemont Mesa Blvd.
San Diego, CA 92117
For more information, call
(858) 273-7423

Spanish Support Group-South Bay

1st Monday, 6:00 p.m. - 8:00 p.m.
South County Family Resource Center
690 Oxford St., Chula Vista, CA 91911
For more information, call
Luz Fernandez at (619) 401-5500

Spanish Family Support Group

2nd & 4th Tuesday, 6:00 p.m. - 8:00 p.m.
Otay Mesa Library
3003 Coronado Ave.
San Diego, CA. 92154
For more information, 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 p.m. - 7:00 p.m.
Maria Sardinias Wellness & Recovery
1465 30th Street, Ste. K,
San Diego, CA 92154
For more information, call
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
For more information, call
Helene Quach: 1 (858) 610-5882
or email: htquach09@gmail.com

NAMI Patton

3rd Sunday, 1:00 p.m. - 3:00 p.m.
c/o Patton State Hospital
(Administration Annex - Room 148)
3102 E. Highland Ave.
Patton, CA 92369
For more information, call
(909) 425-7392

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

Tuesday Share & Care Meeting

Every Tuesday, 4:00 p.m. - 6:00 p.m.
Joslyn Senior Center
210 East Park Ave.,
Escondido, CA 92025

NAMI North Coastal

P. O. Box 2235, Carlsbad, CA 92018
760-722-3754

Education Meeting

3rd Thursday, 7:00 p.m. - 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 p.m. - 10:00 p.m.

NAMI-SIT

Schizophrenics in Transition

Copper Hill Living & Learning Center,
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
For more information,
call Sandy (760) 729-5748
or email: sboone@compuidusa.com

UCSD Outpatient Psychiatric Services (Gifford Clinic)

1st Thursday, 6:30 p.m. - 9:00 p.m.
140 Arbor Drive, San Diego, CA 92103
2nd Floor Rm 247

Tri-City Medical Center

3rd Wednesday, 6:30 p.m. - 9:00 p.m.
4002 Vista Way, Oceanside, CA 92056



NAMI San Diego's Peer/Consumer Connection Support Groups are FREE and you can drop in without registering.

These support groups are open ONLY to people who have a mental illness/diagnosis.

For more information, call NAMI San Diego's Family & Peer Support Helpline at (619) 543-1434 or (800) 523-5933 (unless other number stated)

NAMI Connections: Casual & relaxed. Share challenges and successes of coping with mental illness. FREE, flexible.

Mental Health America

Thursdays: 6:00 p.m. - 7:30 p.m.
4069 30th Street,
San Diego, CA 92104
2nd Floor Conference Room

Mariposa Clubhouse

Wednesdays: 1:00 p.m. - 2:00 p.m.
560 Greenbrier, Suite C-E
Oceanside, CA 92054
For more information, call
(760) 722-3754

En Español

Wednesdays: 6:00 p.m. - 7:30 p.m.
225 3rd Ave,
Chula Vista, CA 91910

NAMI C.A.R.E.

Consumers Advocating for
Recovery through Empowerment

ECT Support Group

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

Clubhouses

Bayview Clubhouse

330 Moss Street, Chula Vista, CA 91911
Phone: (619) 585-4646
Hours: Mon - Fri: 8:00 a.m. - 4:00 p.m.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse (Bilingual)

1157 30th Street, San Diego, CA 92154
Phone: (619) 429-1937
Hours: 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.

Corner Clubhouse

2864 University Ave.,
San Diego, CA 92104
Phone: (619) 683-7423
Hours: Mon - Fri: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street, El Cajon, CA 92020
Phone: (619) 440-5133
Hours:
Mon/Tue/Thurs/Fri: 8:00 a.m. - 4:00 p.m.
Wed: 8:00 a.m. - 6:30 p.m.

East Wind Clubhouse

8745 Aero Dr. Ste 101,
San Diego, CA 92123
Phone: (858) 268-4933
Hours: Mon - Fri: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

474 W. Vermont Ave.,
Escondido, CA 92025
Phone: (760) 737-7125
Hours: Mon - Fri: 8:00 a.m. - 4:30 p.m.

Mariposa Clubhouse

560 Greenbrier Drive, Ste. C-E,
Oceanside, CA 92054
Phone: (760) 439-2785

Friends In Hand Clubhouse

144 Copper Ave., Vista, CA 92083
Phone: (760) 631-2206
Hours: Sat & Wed: 11:00 a.m. - 4:00 p.m.

Friend-to-Friend Program

4080 Centre Street, Suite 104
San Diego, CA 92103
Phone: 619-955-8217

The API Discovery Clubhouse

5550 University Ave.,
San Diego, CA 92105
Membership Information: (619) 667-6176
Hours: Sat & Sun: 10:00 a.m. - 4:00 p.m.

The Meeting Place, Inc.

4034 Park Blvd., San Diego, CA 92103
Phone: (619) 294-9582
Hours:
Mon/Tues/Thurs 8:00 a.m. - 6:00 p.m.
Fri 8:00 a.m. - 4:00 p.m.
1st and 3rd Saturday 10:00 a.m. - 2:00 p.m.

The Oasis Clubhouse,

Serving Transitional Age Youth (18-25)
7155 Mission Gorge Rd.
San Diego, CA 92120
Phone: (858) 300-0470
Hours: Mon - Fri: 10:00 a.m. - 7:00 p.m.

Friendship Clubhouse

286 Euclid Ave., #104,
San Diego, CA 92114
Phone: (619) 266-2111
Hours: Mon - Fri: 8:30 a.m. - 5:30 p.m.

Visions

226 Church St., Chula Vista, CA 91910
Phone: (619) 420-8603
Hours: Mon - Fri: Noon - 7:00 p.m.
Sat & Sun: Noon - 5:00 p.m.

Need information that's not here?

Call NAMI San Diego's Family & Peer Support Helpline

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

619-543-1434 1-800-523-5933

Monday - Friday: 10:00 a.m. - 6:00 p.m.

Funded by the County of San Diego

24-Hour Access & Crisis Line: 1-800-479-3339



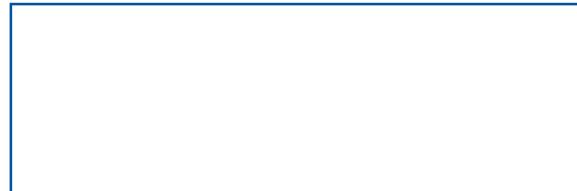


Vol. XV, Issue 8, August 2011

P.O. Box 710761
San Diego, CA. 92171-0761

**NAMI San Diego's FREE
Education & Advocacy Meeting
Thursday, August 4, 6:30 p.m.
San Diego County
Tobacco Control Coalition
— Details inside! —**

Return Service Requested



NAMI California's Annual Conference Is just around the corner!

Friday, August 19 & Saturday, August 20, 2011

Doubletree Hotel, 2001 Point West Way, Sacramento, California 95815



Keynote Speaker:

Frederick J. Frese, Ph.D.

Special Guest:

Dr. Joyce Burland

Other presenters:

Curley L. Bonds

Dr. Cameron Carter

Mark Gale

Honorable Stephen V. Manley

Sherry Riney

Workshops:

- The Importance of Spirituality in Recovery
- Mental Illness and the Criminal Justice System
- Behind the Mask: Erasing Stigma with Art Exhibits
- What you need to know about mental illness and SSDI
- The California MHSA Multicultural Coalition - The "CMMC"
- Using Logic Models to Initiate Action and Sustain Change
- The Power of Positive: Innovative Approaches to Promoting Social Inclusion
- Culturally Rich Realities: Living Invisible & Unspoken in California Communities

... and more!

For more information or questions, please contact
NAMI California's office at (916) 567-0163, or online at: www.namicalifornia.org