

**NAMI Sonoma County
1300 N. Dutton Ave, Ste A
Santa Rosa, CA 95401**

August Education & Advocacy Meeting

**Thursday, August 2, 2012
at 6 PM at the NAMI Office**

This month's Education and Advocacy Meeting will feature Dr. Jennifer Beck. Dr. Beck is a Board Certified Psychiatrist who has been in private practice in Sonoma County since 1999.

Her primary focus has been the evaluation of psychiatric patients and managing psychiatric medications and she is now offering the newest treatment option for depression called Transcranial Magnetic Stimulation (TMS) therapy, which is used to treat people suffering from Major Depression.

TMS therapy is an outpatient treatment which delivers highly focused magnetic stimulation directly to the area of the brain thought to be involved with regulating mood. The magnetic field pulses used in TMS are similar in strength to an MRI machine and are proven safe and effective for the treatment of depression.



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Art program Wish List:

Studio, Furnishings
Drop cloth(s)
Easels
Mat cutting tools
Paints: Oil, Acrylic, Encaustic, Water Color, Ceramic
Brushes: Synthetic, Natural bristle, Bamboo
Ink - Sumi
Pastels: Oil, Chalk
Paper: Art, Water Color, Pastel, Drawing and newsprint
Charcoal, Graphite
Canvas – All sizes
Frames, or framing materials – All sizes
Matting Board - all colors and sizes, pre-cut and uncut
Beads, Buttons, jewelry. wire, pliers, cutters
Twine, yarn, thread, ribbon
Needles, Compasses and protractors
Tiles, plates, broken pottery, mirrors
Glue, adhesives
Cutting Tools – scissors, steel -edged rulers and yard sticks, T-squares
Foam core

NAMI Art Class

NAMI re-started its Tuesday afternoon Art Class on June 5th.

We are meeting every Tuesday from 2:00-3:30 pm.


Anyone who is interested in participating or who has participated in the past is welcome to join us. Our theme this year is “Pilgrimage Journeys: Internal and External.”

NAMI art class artists are looking to exhibit in local area exhibitions. We are now working with paper and drawing materials, but some of the upcoming classes will feature jewelry making, dream catchers, paper making, bookmaking, masks and egg decorating.

We are actively looking for studio space where we can paint. In August, we are planning a fieldtrip to the Chalk Hill Artist Residency at the Warnecke Ranch and Vineyards, outside of Healdsburg. Artist in Residence, Jessica Dunne will lead a workshop.

If interested in attending, please call Susan at 707-527-6655, to reserve a space. Donations to our program are greatly appreciated!

NAMI Sonoma County August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <u>Vets Meeting</u> 9:30 am, Santa Rosa <u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa 7:15-8:45 pm Sonoma <u>Education & Advocacy Meeting</u> 6 pm – 7 pm, Santa Rosa <u>Family-to-Family Class #3</u> 5:30-8:00 pm, Santa Rosa	3	4
5	6 <u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa <u>Family Support Group</u> 6 pm – 8 pm, Sebastopol (families w/ school age children)	7 <u>Art Class</u> 2 pm – 3:30 pm Santa Rosa <u>Peer-to-Peer Class #5</u> 5-7 pm, Santa Rosa <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma	8 <u>Family Support Group</u> 3 pm – 4:30 pm Sebastopol <u>Board Meeting</u> 5:30 pm, Santa Rosa	9 <u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa <u>Family-to-Family Class #4</u> 5:30-8:00 pm, Santa Rosa	10	11 <u>South Park Summer Day & Night Festival</u> 2-11:30 pm at Martin Luther King Jr Park *NAMI will be tabling this event
12	13 <u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa <u>Family Support Group</u> 5-6:30 pm, Rohnert Park	14 <u>Art Class</u> 2 pm – 3:30 pm Santa Rosa	15	16 <u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa <u>Family-to-Family Class #5</u> 5:30-8:00 pm, Santa Rosa	17 <u>CHOW Meeting</u> 2 pm – 4 pm NAMI SC Office	18
19	20 <u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm	21 <u>Art Class</u> 2 pm – 3:30 pm Santa Rosa <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma <u>Peer-to-Peer Class #7</u> 5-7 pm, Santa Rosa	22	23 <u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa <u>Family-to-Family Class #6</u> 5:30-8:00 pm, Santa Rosa	24	25
26 <u>Santa Rosa Marathon</u> 8-1 pm Julliard Park, Santa Rosa *NAMI will be tabling this event	27 <u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa <u>Family Support Group</u> 5-6:30 pm, Rohnert Park	28 <u>Art Class</u> 2 pm – 3:30 pm Santa Rosa <u>Peer-to-Peer Class #8</u> Santa Rosa	29	30 <u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa <u>Family-to-Family Class #7</u> 5:30-8:00 pm, Santa Rosa	31	

*All classes meet at the NAMI classroom, at the address below, unless otherwise noted.

NAMI Sonoma County

August 2012

Art Class: NAMI is restarting its weekly art class with a new instructor. Come meet Susan Prier and join us for this great class. This class gives people with mental health challenges an outlet for innate creative selves, as well as opportunities to exhibit their art. Tuesdays from 2:00 – 3:30 pm at the NAMI Office

Tai Chi/ Qi Gong Class: NAMI is offering a FREE Tai Chi and Qi Gong class. These are ancient Chinese fitness systems based on relaxed body alignment and smooth flow of energy. It is a good way to relieve stress and develop body-breath-mind awareness. This class is led by Jacob Newell and is open to all. Mondays from 6:00 – 7:15 pm at the NAMI office (where noted on calendar)

Client Connection Support Group: Consumers Advocating Recovery Through Empowerment is a peer-based mutual support group for people facing mental health challenges. A drop-in group led by clients, for clients.

- **Petaluma**
 - Mondays, 1:00 – 2:30 pm at the Petaluma Mental Health Center, 1360 N. McDowell Blvd.
- **Santa Rosa**
 - Thursdays from 11:30 am – 1:00 pm at the NAMI Office, 1300 N. Dutton Avenue, Suite A.
- **Healdsburg**
 - Thursdays from 5:00 – 6:30 pm at the Alliance Medical Center, 1381 University Ave

Education & Advocacy Meeting: The Education & Advocacy Meeting is a chance to hear a new and exciting speaker every month! This month's meeting will feature Dr. Jennifer P. Beck. She will be discussing the diagnosis, demographics and treatment options for people suffering from depression. This will include a discussion about psychiatric medications and new treatment options for patients who have not had success with their current therapy, including Transcranial Magnetic Stimulation (TMS) therapy. **The Education & Advocacy Meeting is held the first Thursday of every month at 6 pm at the NAMI office.**

Family Support Groups: A resource for families who have a loved one living with severe and persistent mental illness. No prior registration required.

- **Petaluma** – 1st & 3rd Tuesday of every month, 5 – 6:30 pm at 211 Novak Street,
- **Rohnert Park**– 2nd & 4th Monday of every month, 5 – 6:30 pm at C.O.T.S. housing site (705 Rohnert Park Expressway)
- **Santa Rosa** –Thursdays, 2 – 3:30 pm at 1300 N. Dutton Avenue, Suite A, Santa Rosa
- **Sebastopol** –
 - 1st Monday of every month, 6–8:00 pm at 477 Petaluma Ave, Sebastopol (for family members with school-age children)
 - 2nd Wednesday of every month, 3 – 4:30 pm at 477 Petaluma Ave, Sebastopol
- **Sonoma**- 1st Thursday of every month, 7:15-8:45 pm at Office of Sylvia Chloe, MFT, 283 Second Street East Sonoma, CA 95476