

NAMI News



Education & Advocacy February Meeting

There will be an E&A Meeting in February! This month's meeting will feature Lt. Corrado Ghioldi from the Sonoma County Sheriff's Department. Lt. Ghioldi will give a brief overview of the Mental Health Unit, discuss what to do if your family member with a mental illness has been arrested, and answer questions.



David, Rochelle & Rebecca receiving certificates

New Program Leaders!

Over the weekend, three people stepped up for their NAMI family and made the trip to Santa Cruz for a very valuable training. This training certifies them as facilitators of NAMI Connections. Each will now be able to lead this peer-based mutual support group for people facing mental health challenges. A huge NAMI thank you to David, Rochelle and Rebecca!

NAMI Programs



Help Wanted!

Nearly every family in Sonoma County is affected by mental illness. That is why so many of us have attended and benefited from NAMI's family programs, like the weekly drop-in Family Support Group or Family-to-Family, a 12-week series of classes for families of persons with mental illness.

Have you benefited from one of these groups? Would you be able to support this valuable resource by becoming a Family Support Group facilitator, Family-to-Family teacher, or De-Familia-A-Familia teacher?

NAMI's Mission:

To provide education, support, and advocacy for all people affected by mental health challenges.

NAMI's Vision:

NAMI collaborates with community partners to increase public and professional awareness of mental health challenges and eliminate stigma. We strive to positively impact mental health systems, provide direct support and educational services, and offer hope to families and individuals living with mental illnesses.

This is an opportunity to fill a great need for NAMI and there are several trainings planned in the New Year! Please contact David France if you have any questions or you are able to step up for NAMI!

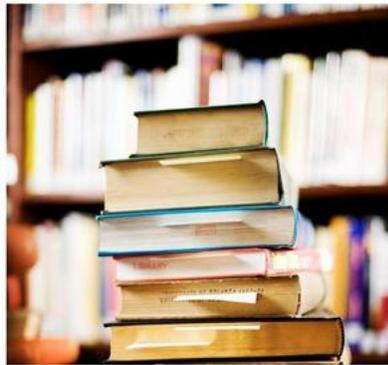


NAMI Basics

Class begins January 22! 5:30-8:00pm

NAMI invites you to a FREE 6-week educational program that provides learning & practical insights for families with children that have behavioral or mental health disorders. The course will cover the trauma of mental illness, the biology of mental illness and getting an accurate diagnosis, the latest research, an overview of treatment options and MORE!

To register, call David France at NAMI, or email david@namisoco.org.



NAMI Library

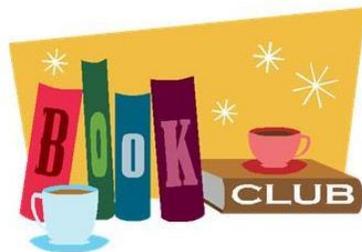
**NAMI Office: 1300 North Dutton Ave.
Santa Rosa**

"Did you know there is a small, specialized library in the NAMI office? Its collection contains over 450 books, CDs, and DVDs all pertaining to some aspect of mental illness! New books are added each year!

I love books and reading! As a retired library, it is a delight to be able to continue building NAMI's wonderful library. I have tried to make the books easy to find, by arranging them by subject and then alphabetically by the first word of the title.

Please visit and make use of this invaluable resource. I am always looking for new titles or subjects to add, as well as volunteers and support to keep this resource growing! Contact NAMI, or visit our website to donate. THANK YOU!"

~Sue Tichava



NAMI Book Discussion

**NAMI Office: 1300 North Dutton Ave.
Santa Rosa**

Four Saturdays Per Year

March 16, at 2:00pm

Hello readers! The NAMI Book Discussion Group is alive and well and will resume meeting after the first of the

year. We have picked the next book and a date for the first meeting, so if you want to get a head start on reading, the Library has several copies:

[Anatomy of An Epidemic, by Robert Whitaker.](#)



Jail Program

The Wellness Recovery Action Plan (WRAP) is a structured program that helps inmates learn and re-evaluate their past ineffective lifestyles, behaviors, actions and triggers in order to develop a positive, balanced and constructive lifestyle plan for their future.

WRAP is taught individually as well as in a group setting which allows inmates to learn from each other and grow together, creating a stronger sense of community.

NAMI brings the WRAP program to the Sonoma County Jail MADF. Carol Coleman, an active NAMI member and an experienced Marriage Family Therapist, works with the inmates who have requested that NAMI assist them through our program. Carol sees firsthand how effective and beneficial it has been for the inmates. Anyone interested in working with our team at the jail can contact Carol Coleman at NAMI at [707-527-6655](tel:707-527-6655) or ccoleman@namisoco.org.



T'ai Chi Chih

Mondays, 6:00pm

T'ai Chi Chih is a moving meditation, called by its originator "a joy through movement" with healthy benefits! NAMI's group is facilitated by Karen Fitzgerald, who came to the study of T'ai Chi Chih when she fell seriously ill with Chron's disease. She has been practicing since 1998, along with other T'ai Chi forms and Qi Gong exercises.

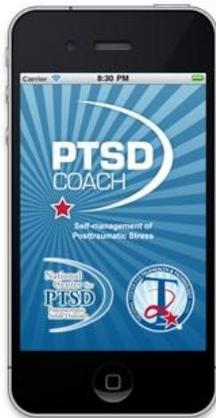


Art Group

Tuesdays, 3:00pm

Creating original art encourages self-expression, self-discovery and emotional growth and has been a skill in mental health for over 100 years. This fantastic group is facilitated by True Sirenidie and Veronica Campers. The group is actively looking to find a "drop in" studio space where they can paint. Donations to this program are greatly appreciated!

Resources



David's App of the Month

The PTSD Coach app can help you learn about and manage symptoms that commonly occur after trauma.

Features include:

- Reliable information on PTSD & treatments that work;
- Tools for screening and tracking your symptoms;
- Convenient, easy-to-use skills to help you handle stress symptoms;
- Direct links to support and help;
- Always with you when you need it.

CONTACT US:

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