



Upcoming Events



Education & Advocacy January Meeting

There will be no E&A Meeting in January - Stay tuned for more info on the next E&A!



Veterans Listening Session Wednesday, January 16 at 2:00pm NAMI Office: 1300 North Dutton Ave. Santa Rosa

We want to hear from veteran's active military, their family members, and providers about their wants and needs! This Listening Session is part of a statewide project, so this is a chance for your voice to be heard on the state level!
*Free \$25 VISA GiftCard for attending
*Free buffet lunch provided

The goal of this Listening Session is to assist local NAMI affiliates to begin to address disparities in the health status of people of diverse racial, ethnic, and cultural backgrounds, including across the lifespan.

RSVP is mandatory. Please call NAMI at 707-527-6655 or email Melanie at melanie@namisoco.org.

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.

Letters



Marlene, Marilyn, Kim, Kristine, Elaine, Pat, & Kelly.
Front Row: Lesley, Nikki & Honey.

Thank You to The Hard-Working Volunteers at Our Annual Toiletry Packing!

Thank you all so much for your hard work! Our newest volunteers and our veterans helped brighten the holidays for many in need! Special thanks to the members of the Center for Spiritual Living, Dr. Daniel Bornstein and Emma Moss for their generous donations. These toiletries were distributed with the help of Sonoma County Behavioral Health, Brookwood Health Center and others.

~Marlene Mahan

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? 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, at 2:00pm

Hello readers! The NAMI Book Discussion Group is alive and well and will resume meeting after the first of the year. Though the first date has not been set, we have picked the next book, so if you want to get a head start, the Library has several copies!

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



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 Sirendie 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!

CONTACT US:

Mailing Address	Physical Address
PO Box 15269	1300 North Dutton Avenue Suite A
Santa Rosa, CA 95402	Santa Rosa, CA 95401
707-527-6655	www.namisoco.org
	info@namisoco.org