



August 2012

Hi {FIRST_NAME},

Join us for our monthly Education and Advocacy meeting and check out our recurring art class!

August 2012 Education and Advocacy Meeting

Thursday, August 2, 2012 at 6 PM at the NAMI Office
1300 N. Dutton Ave. Suite A, Santa Rosa, CA 95403

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 Trans-cranial 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.

[Link to my website](#)

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 field trip 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!

[Link to my website](#)

Art program Wish List:



- 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
- 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

[Link to my website](#)