



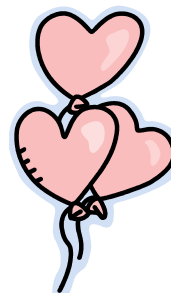
July 2010

NAMI Sonoma County is an affiliate of the National Alliance on Mental Illness, a grassroots family and consumer self help organization.

NAMI Sonoma County's mission is to provide education, support and advocacy for all people affected by mental health challenges.

### Can I compare

*What is it like to be homeless without clothes, food, or a bathroom?  
What is the lesson there?  
What is it like to have money to buy whatever you want,  
And do you get tired of it, or care?  
Why if we were meant to love do we kill and try to destroy  
Whatever good there is or was?  
How could I compare how I feel here, is it possible to  
Compare it to the pain of starvation or war?  
Who can really know what's worse, or why I can't feel  
lucky when I'm in a lot of pain.  
I can find no way to explain how I feel short of insane  
Or who to blame  
Teach me gratitude and how to find out if what I'm  
Believing is true.  
Wrap me up in blankets bring me someplace new*



A Poem by NAMI client, Sharon Emily Mogelburg

NAMI Sonoma County 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 and offer hope to families and individuals living with mental illnesses.

## From the Outgoing President...Doug Stephens

It's been another busy month as usual for NAMI! We are planning several Family-to-Family courses, one of which I currently have the pleasure of teaching. Our two BLOC trainings at the Main Adult Detention Facility and at the North County Detention Facility with the Sheriff's Department were a resounding success. At the trainings, we provided an In Our Own Voice presentation, a family panel, and a brief overview of the programs that NAMI Sonoma County offers to a very diverse group of people.



We participated in a public meeting of faith-based organizations who were interested in mental health, which attracted over 1,000 people. Here, we also listened to concerns of the County and short speeches from most of the then political candidates. The Board of Directors held its annual retreat, where we got to know each other better and had the opportunity to revisit our By-Laws and Strategic Plan. We added an aggressive housing plan to our goals and objectives since we have acquired two properties in Petaluma.

I was pleased to be able to help teach Sonoma County's very first In Our Own Voice Presenter training. Oscar Guzman and Stephanie Glenn did a superb job of setting up the venue and making sure all of the supplies were on hand. We gave certificates of completion to ten new presenters, two of which have already made their first presentation. Thank you to all those who attended and invested in yourselves for this valuable program.

In May, I was privileged to attend Family-to-Family teacher training and am now a certified teacher. Marti Doyle and I are currently teaching the Family-to-Family course in Petaluma which began on June 26<sup>th</sup>. I also had the pleasure of helping Solano County review several grant proposals. Solano County is following in our footsteps by making grants available to local non-profit organizations to accomplish tasks in a more effective manner. It is very nice to have NAMI Sonoma County known and respected in other parts of the state. We had our annual BBQ picnic on June 12<sup>th</sup>. We were glad to see so many of you! We hope you enjoyed the festivities. We are already making plans for next year's BBQ.

Thank you, so much, to our volunteers and staff. We could not run the successful programs we do without your help!

*-Doug Stephens, Current Vice President*

## From the New President...Molin Malicay



I am proud to serve as President of NAMI Sonoma County for the upcoming term. To be part of such an organization will be a great honor and pleasure. My experience on the NAMI Board of Directors for the past three years has consistently proven to me how valuable this organization is to the community. I am astounded by our volunteers and their willingness to provide time to assist with NAMI's various programs. As a current Family to Family teacher, I see how much time and effort goes into being a volunteer instructor.

I see great things for the future of NAMI Sonoma County, although there are many challenges we face as well. The new housing in Petaluma will provide a great opportunity for us. Nurturing and maintaining involvement with various cultural groups in our community is probably the biggest challenge for NAMI. As long as we make small inroads into cultural diversity, we will be fine. Trying to involve the school system to better understand and take on more mental health tasks will also play a great role in fulfilling our PEI grant. The decision to move our office or stay in the same location this year is also challenging. Another big task I would like to accomplish is to make NAMI as a household name in our community, not for the sake of just knowing us, but for what have to offer the community.

As a Native American, I hope to represent the whole community equally. I grew up both in Sonoma County and Lake County, where I spent my early years on the reservation. My father was an immigrant from the Philippines and my mother was a full-blooded Pomo. I attended Forestville Elementary School, Analy High School, and graduated from Santa Rosa High School in 1962. I graduated from Santa Rosa Junior College and transferred to UC Berkeley. Because of my father's death, I had to stop attending Cal and I graduated with my Bachelor's degree from Sonoma State University. I completed graduate work in political science at Sonoma State as well.

I have over forty years of management experience and have traveled throughout the United States while simultaneously carrying out my job duties. For the past thirteen years, I have been the CEO of the Indian Health Project. I truly believe that my collective experiences will help NAMI progress.

*-Molin Malicay, Board President*

## New Presenters for IOOV!

We are excited to announce that for the first time in Sonoma County, we have completed an In Our Own Voice (IOOV) training and now have ten new presenters. IOOV is a public education presentation which emphasizes that recovery from mental health challenges is not only a reality for some but a possibility for millions of Americans living with one of these serious medical conditions. Presentations can be brought to a number of organizations including schools, churches, law enforcement agencies, and client programs among others for example. IOOV presentations are done by two people living with mental illness that have shown that recovery is a way of life for them. The presentation is combined with a seventeen minute video that covers five topics. The topics are:

1. *Dark Days*: Symptoms, challenging times and lived experiences are discussed.
2. *Acceptance*: Perhaps the most important part of the presentation is when presenters talk about what finally led them to adopt recovery.
3. *Treatment*: The presenters discuss what kinds of treatment has worked for them.
4. *Coping Skills*: Client presenters talk about things they do on a day to day basis to continue in recovery.
5. *Successes, Hopes and Dreams*: Personal victories are discussed.

We are very excited to welcome all of our new presenters to our NAMI family! If you know of a place or are interested in hosting an IOOV presentation, please contact the NAMI office.

- Oscar Guzman, IOOV Coordinator



*IOOV Presenters 2010*

*From left to right:*

*Back Row: Lynne Cunningham, Derek Henson, Sohail Lahiji, John Foti, Max Leroux, Dustin Jacobsen, David Shaw, Brian Hom, and Oscar Guzman (Coordinator)*

*Middle Row: Ivan Anderson, Alexis Wilson, Vivian Sedney*

*Front Row: Doug Stephens (Trainer), Oceana Taicher, Robert Villanueva (Trainer), Julia Anderson*

## A Review of the Momentum for Mental Health Conference 2010

As Board Secretary for NAMI Sonoma County, I was grateful to attend the Momentum for Mental Health Conference: Putting Recovery Principles into Practice, held on May 19-21, in San Jose, California. My mental health peers represented cities throughout California (Sacramento, Stockton, Hanford, San Francisco, Richmond, Palo Alto, Santa Rosa, and San Jose). Most importantly, "underserved" individuals and "communities of color" representatives participated in the workshops and group activities.

Two lessons that I learned from my peer specialists was the importance of storytelling on the 'road to recovery' and the common language threads of 'Hope and Recovery'. First off, self-healing and team recovery support is best presented in the ongoing life novel. This novel is explored with the ongoing question, "how does mental health affect my loved ones and me?" Each shared chapter allows the consumer, loved ones and the community to understand mental health. Furthermore, this collective information provides a solid foundation of culturally diverse knowledge and a wealth of shared resources. Second, the positive and common language assists in the process of stigma reduction. From community stake holders to service providers, hope is key to recovery. Without hope, illness continues to exist. With hope, health lives on— vibrantly, resiliently, and holistically.

-Ron Shaw, Board Secretary

## Update on Housing Program

Corinne Muelrath, NAMI Sonoma County's Housing Liaison, reports that NAMI is the proud owner of two homes in Petaluma as of June 28th. NAMI received generous funding to purchase the homes through the Neighborhood Stabilization Program provided by the Sonoma County Community Development Commission and the City of Petaluma through the CDBG Fund. Paula Cook of Community Housing of Sonoma County and Lisa Yoshida of Burbank Housing were the wonderful facilitators of this project, as well as our realtor, Ross Liscum.

Our goal is to provide independent housing to veterans living with mental health challenges. One of the properties should have tenants by mid July and the other home will be ready in about 3-4 months after extensive upgrades and repairs. Corinne was very instrumental in this process and continues to work diligently on the application process and housing policies. Thank you Corinne!

If you would like to contribute to the fulfillment of this dream, we need your help! We need gift cards to Home Depot for any amount. This tax-deductible donation will be used to help offset the cost of building supplies for the house in need of repairs. Please send the gift cards to the NAMI Office! Thank you in advance!



We also need the following (new or in good condition) items:

- 2 nice outdoor patio sets*
- Bathroom towels*
- Washer and dryer*
- 3 couches (must be in good repair)*
- End tables and coffee table*
- 3 bedroom sets (full or queen size mattresses)*
- Bookshelves*
- 6 small personal computer desks*
- Kitchen table and chairs*
- Bar stools (for counter dining)*
- Refrigerator*

Please email or call Corinne Muelrath at [corinne@namisoco.org](mailto:corinne@namisoco.org) or call 707-778-6650 directly if you have items you would like to donate.

Again, thank you in advance for making the dream of housing come true for people in our community.



## Save the Date! September 14th Mental Health Symposium

On Tuesday, September 14th, NAMI and Sonoma County Indian Health Project will host a day long Mental Health Symposium at the Wells Fargo Center. The symposium will focus on the needs of multicultural communities. In addition, we plan to tie it to Race Equality Week activities. We will also host our Champions Awards Luncheon on the same day as well. Continuing Educations Units will also be offered. The event will serve breakfast and lunch and will have the following break-out sessions, which will be planned with the input of community members of these populations:

*Morning Break Out Sessions: LGBTQQI, Criminal Justice, Asian/Pacific Islander/Filipino, Veterans*

*Afternoon Break Out Sessions: Native American (Mental Health Needs), Latino/Hispanic perspective, African American, Youth and Education*

All are welcome to attend and there is no cost to attend. Hope to see you there!

| Sun.                                                                                                                      | Mon.                                                                                                                        | Tue.                                                                                                                                                      | Wed.                                                                    | Thur.                                                                                                                                                                                                                                                 | Fri. | Sat.                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------------------------------------------------------------------|
| <h2 style="margin: 0;">July 2010</h2> <h1 style="margin: 0;">NAMI Sonoma County's<br/>Calendar of Events</h1>             |                                                                                                                             |                                                                                                                                                           |                                                                         | <p>1<br/><b>Client Connection</b><br/>12pm-1:30pm</p> <p><b>Family Support Group</b><br/>2pm-3:30pm<br/>Santa Rosa</p> <p><b>Family Support Group</b><br/>7:15pm-8:45pm<br/>Sonoma</p> <p><b>Family Support Group</b><br/>6pm-7:30pm<br/>Petaluma</p> | 2    | 3                                                                                                                                   |
| <p>4</p>  <p><b>Independence Day</b></p> | <p>5<br/><b>Client Connection</b><br/>12pm-1:30pm<br/>Petaluma Blvd Apartments</p>                                          | <p>6<br/><b>Art Class</b><br/>2pm-3:30pm</p>                                                                                                              | 7                                                                       | <p>8<br/><b>Client Connection</b><br/>12pm-1:30pm</p> <p><b>Family Support Group</b><br/>2pm-3:30pm<br/>Santa Rosa</p> <p><b>General Meeting</b><br/>Support Hour 5 – 6pm<br/>Meeting 6 – 7pm</p>                                                     | 9    | <p>10<br/><b>Peer to Peer Class 1: Boulevard Apartments, Petaluma</b><br/>1-3pm<br/>*Please call the NAMI SC Office to Register</p> |
| 11                                                                                                                        | <p>12<br/><b>Client Connection</b><br/>12pm-1:30pm<br/>Petaluma Blvd Apts</p> <p><b>Community Relations</b><br/>4pm-5pm</p> | <p>13<br/><b>Art Class</b><br/>2pm-3:30pm</p> <p><b>Family Support Group</b><br/>7pm-8:30pm<br/>San Rafael</p> <p><b>Fund Development</b><br/>5pm-6pm</p> | <p>14<br/><b>Family Support Group</b><br/>3pm-4:30pm<br/>Sebastopol</p> | <p>15<br/><b>Client Connection</b><br/>12pm-1:30pm</p> <p><b>Family Support Group</b><br/>2pm-3:30pm<br/>Santa Rosa</p> <p><b>Family Support Group</b><br/>6pm-7:30pm<br/>Petaluma</p>                                                                | 16   | <p>17<br/><b>Peer to Peer Class 2: Boulevard Apartments, Petaluma</b><br/>1-3pm</p>                                                 |
| 18                                                                                                                        | <p>19<br/><b>Client Connection</b><br/>12pm-1:30pm<br/>Petaluma Blvd Apartments</p>                                         | <p>20<br/><b>Art Class</b><br/>2pm-3:30pm</p>                                                                                                             | 21                                                                      | <p>22<br/><b>Client Connection</b><br/>12pm-1:30pm</p> <p><b>Family Support Group</b><br/>2pm-3:30pm<br/>Santa Rosa</p> <p><b>NAMI SC Board Meeting</b><br/>5:30pm- 6:30 pm (NEW TIME)</p>                                                            | 23   | <p>24<br/><b>Peer to Peer Class 3: Boulevard Apartments, Petaluma</b><br/>1-3pm</p>                                                 |
| 25                                                                                                                        | <p>26<br/><b>Client Connection</b><br/>12pm-1:30pm<br/>Petaluma Blvd Apartments</p>                                         | <p>27<br/><b>Art Class</b><br/>2pm-3:30pm</p> <p><b>Family Support Group</b><br/>7pm-8:30pm<br/>San Rafael</p>                                            | 28                                                                      | <p>29<br/><b>Client Connection</b><br/>12pm-1:30pm</p> <p><b>Family Support Group</b><br/>2pm-3:30pm<br/>Santa Rosa</p>                                                                                                                               | 30   | <p>31<br/><b>Peer to Peer Class 4: Boulevard Apartments, Petaluma</b><br/>1-3pm</p>                                                 |

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

# Mental Health Resource Guide

## Mental Health Services

NAMI Sonoma County 527-6655  
1717 Yulupa Ave  
Santa Rosa CA 95405  
[www.namisonomacounty.org](http://www.namisonomacounty.org)

Resources, referrals, classes, support groups, for family members and for clients. Library, Warmline; no-charge and no referral needed Monday-Friday, 9 AM—5 PM, with some evening classes.

Psychiatric Emergency Services (PES) 576-8181  
3322 Chanate Rd, Santa Rosa 95404  
Crisis services, transport to hospitals, 23 hour stays

Access Team at Chanate 565-6900  
(Entry to Sonoma County Mental Health)  
Alexander Valley Regional Medical Center 894-4229  
Alliance Medical Center 433-5494  
Jewish Community Free Clinic 585-7780  
Petaluma Health Center 773-1097  
Russian River Health Center 869-2849  
Santa Rosa Free Clinic 546-6479  
Sonoma County Indian Health Project 521-4500  
Santa Rosa Community Health Center 547-2222  
Sonoma Valley Health Center 939-6070

## Client Centers/Clubhouses

Chanate Hall (must be County Mental Health client) 565-4900  
Interlink Self-Help Center 546-4481  
Russian River Empowerment Center 604-7264  
Wellness and Advocacy Center 565-7800

## Client/Consumer Classes

Chanate Hall (for clients of Sonoma County Mental Health)  
Various classes and groups 565-4900

Clutterers Anonymous 569-9808  
Meeting 2nd and 4th Fridays of the month, 2 - 4 pm. Call or email [homeforjoan@yahoo.com](mailto:homeforjoan@yahoo.com) for address and info

DSL (Disability Services and Legal Center) Tools for Stability and Support, led by Melva Freeman 528-2745, Ext. 218

Depression/Bipolar Support Group 578-0424

Interlink Self-Help Center 546-4481  
Peer counseling, dual diagnosis, art and many other classes

NAMI- Art: Tuesdays at 2 PM; Client support group: Connections, Thursdays at noon at the NAMI office

Recovery, Inc. 823-5122  
Self-help through will training

Russian River Empowerment Center 604-7264  
Peer led classes in wellness and creativity

Smart Recovery 415-223-3914  
Self-help program to develop life management and recovery skills to overcome addictive behavior. Imagine full recovery without life-long meetings. [www.isrinc.org](http://www.isrinc.org)

Wellness and Advocacy Center 565-7800  
Many classes, groups, music jam, art, poetry, creative writing, activities for transitional age youth, and more. Some Spanish.

## Family/Friends Help and Support

Borderline Personality Disorder Group (for friends and family members of a loved one with BPD) contact Diane Benedict at 526-3775

NAMI Warmline- Empathic listening, resources and referrals, Mon-Fri, 9-5 PM, 527-6655

Focus on Dual Diagnosis  
Mondays 4:30-6 PM, Client must be served by Sonoma County Mental Health. 3333 Chanate Rd, Santa Rosa 565-4935

## NAMI Family Support Groups

Drop-in support groups for friends/family that are facilitated by family members. Learn how to problem solve, how to access services, and how to support your loved one and yourself!

Cloverdale- Facilitated by Harry Martin. For times and location 433-5536, Ext 128

Petaluma- 1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 6-7:30 PM, located at 151 2<sup>nd</sup> Street, Petaluma 527-6655

Santa Rosa- Every Thursday, 2-3:30 PM located at the NAMI office, 1717 Yulupa Ave, Santa Rosa 527-6655

Sebastopol - 2<sup>nd</sup> Wednesday of every month, 3-4:30 PM, located at 477 Petaluma Ave, Sebastopol 527-6655

Sonoma - 1<sup>st</sup> Thursday of every month, 7:15-8:45 PM, located at 283 2<sup>nd</sup> Street East, Sonoma 996-2930

**NAMI California State Board Elections 2010**

**We are proud to announce that three NAMI Sonoma County members are running for the state board election. Good luck candidates!**

**Stephanie M. Glenn**

Discovering NAMI has been essential to my recovery. When I participated by taking Peer to Peer and leading NAMI Connection groups, it augmented my clinical treatments to the point that I was able to give back, and join NAMI Sonoma's advocacy efforts as well as contribute to the LGBT community. The more involved I get, the healthier I become. My willingness to serve on the NAMI CA Board will help me continue to assist NAMI and bring my growing skills in criminal justice and LGBT issues to the state level. My family has benefited by my own recovery and my ability to be a better family member to those also affected by mental illness. I've got the "fire in the belly" like our NAMI founders to carry on the mission to support and educate people who have mental illness, and their families, and for more research and an improved system of mental health services in California and its counties. The Board of Directors at NAMI Sonoma County has been essential in my growth in NAMI and with their encouragement I am ready to bring my youth and enthusiasm to NAMI California. I've experienced the effectiveness of representing NAMI in public hearings, with politicians and special populations like the LGBT and criminal justice system. I know that working in conjunction with our organization is the most effective advocacy system. I am proud to be part of NAMI, and am looking forward to being a hard working member of the NAMI California Board of Directors.

**Oscar Guzman**

I feel that Latinos are under represented at the state level. As a Latino diagnosed with schizoaffective disorder, I feel that I can contribute to that unbalance. In addition, being 28 would be a benefit to being on the NAMI state board because I have a younger perspective and point of view. I would like to see a state in which I could advocate for quality services for those affected by mental illness and their families. I feel that I am knowledgeable about NAMI's programs and services, as I have worked closely with my local affiliate as a volunteer, then paid staff member, and then Board member. I am an IOOV Presenter, a Peer-to-Peer Mentor and Trainer of Trainers, and a NAMI Connection Leader. I frequently assist Spanish speaking clients and family members to navigate the system. I also understand overcoming multiple challenges, as I am visually impaired and have albinism. I know that art and music are powerful therapies too. I love NAMI, and I would serve the Board to the best of my abilities. NAMI helped me reclaim my life and is a way in which I can help others in their recovery.

**Dave House**

I am interested in becoming a Board member for NAMI California. I have 20 years of experience as a criminal justice professional, specifically working in a County jail facility, where I am currently a Lieutenant. I have worked closely with those who have a mental illness and are incarcerated for the past three years, creating and implementing recovery programs within the jail setting. To date, we have several of these types of programs in place. I have also been a strong advocate within the community, serving on the NAMI Sonoma County Board for the last three years. My passion and commitment in this area come from the fact that I am also a family member. I have two sons with mental health challenges and I am committed to two-way education: educating the criminal justice system on mental illness and educating the mental health community on the criminal justice system. I believe my experience and insight in this area would be beneficial to the NAMI California Board.



**To Vote for our NAMI Sonoma County candidates, go to: <http://www.surveymonkey.com/s/HP8CTCM> You can obtain your membership number simply by calling 1-916-567-0163 and providing your first and last name.**

## 2010 NAMI Sonoma County Board of Directors: Election Results

The following Board members have been reelected to the NAMI Sonoma County for another 2-year term: Molin Malicay, Steve Bair, and Corinne Muelrath. Congratulations to these Board Members!

### NAMI Sonoma County Board of Directors:

- Molin Malicay (President)
- Doug Stephens (Co Vice President)
- Dave House (Co Vice President)
- Peter Lloyd (Treasurer)
- Ron Shaw (Secretary)
- Corinne Muelrath, Housing Liaison
- Esther Lemus, Multicultural Liaison
- Steve Bair, Legislative Liaison



## Call for Input!

As you know, NAMI's monthly General Meeting is a dedicated time when we invite speakers from the community that would be of special interest to join us and present information about themselves and their organizations.

As part of our continued effort to make this meeting as valuable for you as possible – we're inviting you to please share with us your suggestions on topics you'd like to hear about and issues you'd like covered. What would be of help for you to know more about and even what would not? Have a request for a particular snack? Let us know that too! All of your input related to the monthly General Meeting is appreciated.

Your comments can be addressed by email to [info@namisoco.org](mailto:info@namisoco.org) or by calling the NAMI office at (707) 527-6655.

## Volunteers Wanted!

We are looking for a new volunteer librarian assistant as well as volunteers who have experience with Microsoft Publisher who can help us create our monthly newsletter. Also, we are actively recruiting new members for both the Community Relations and Fund Development Committees.



The Community Relations Committee represents the organization to the community, and enhances the organization's image, including communications with the press. This committee promotes advocacy throughout the county and provides information to the membership and the general public regarding important mental health issues and policies through meetings, our website and our print materials.

The Fund Development Committee identifies potential donors and solicits funds from external sources of support. The Committee also coordinates particular events, such as: Heroes in the Fight dinner/silent auction, movie events, the Annual Appeal and the Human Race. If you are social, like people and going to events, there are some great opportunities here!

If you are interested please attend one or both of the meetings on July 13th, 4–6 PM. For more information, please call the NAMI office. We hope to see you there!



Join NAMI Sonoma County TODAY! Make a difference! Be part of the solution!

## NAMI Sonoma County Membership Drive

We are counting on your support so we can continue our work as the county's voice on mental illness. Your donation is divided equally among our national and state parent organizations.  
**PLEASE...JOIN TODAY!!**

Annual Membership:  New  Renewal Date: \_\_\_\_\_  
July 2010 until July 2011

**Standard Membership (\$30)**  
Up to four people per membership

**Limited Income (\$3)**  
One person per membership

| Name (s): | Gender:<br><small>Optional</small> | Ethnicity:<br><small>Optional</small> | Age:<br><small>Optional</small> | Email:<br><small>Optional</small> |
|-----------|------------------------------------|---------------------------------------|---------------------------------|-----------------------------------|
| 1. _____  | _____                              | _____                                 | _____                           | _____                             |
| 2. _____  | _____                              | _____                                 | _____                           | _____                             |
| 3. _____  | _____                              | _____                                 | _____                           | _____                             |
| 4. _____  | _____                              | _____                                 | _____                           | _____                             |

Address: \_\_\_\_\_  
Street City State Zip

Phone: \_\_\_\_\_

**THANK YOU FOR YOUR SUPPORT!**  
*Please make checks payable to: NAMI SC*

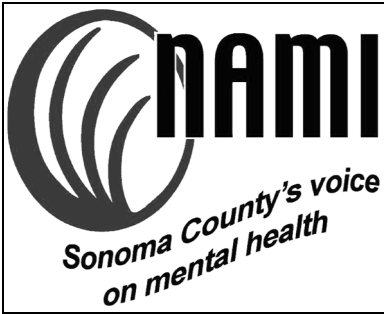
## NAMI is Going Green!

In our ongoing effort to reduce waste, we will begin emailing our monthly newsletter to members who would like an electronic vs. paper version. You can assist us by updating your current email information and indicating your communication preference for hard-copy or email. If you still wish to have the newsletter mailed, please be sure to update your mailing address if it has changed. We look forward to contributing to local green initiatives as much as possible.



You may return your form to NAMI Sonoma County, 1717 Yulupa Avenue, Santa Rosa, CA 95405 or fax it to 527-6832. We will also be happy to receive your corrected information via email at [info@namisonomacounty.org](mailto:info@namisonomacounty.org)

Name \_\_\_\_\_ Email \_\_\_\_\_  
 Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_



## Upcoming Events

**July 8th** GENERAL MEETING 6 - 7 PM (5 - 6 PM Support Hour) at the NAMI Classroom, July's General Meeting pays respect to independence by "Honoring the Path to Wellness" with Melva Freeman, Independent Living Advocate and Dr. Jennifer P. Beck; Melva will discuss the Disability Services and Legal Center's "Tools for Stability" workshop as well as the center's other programs. Dr. Jennifer P. Beck will discuss the diagnosis, demographics, and treatment options for people suffering from depression. Hope to see you there!

**July 10th** PEER to PEER Recovery Education begins 1- 3 PM at the Petaluma Boulevard Apartments, 945 Petaluma Blvd. N, Petaluma 94952. Call the office to sign up for this free course!

**July 22nd** BOARD MEETING 5:30 PM (NEW TIME) at the NAMI Classroom. All are welcome!

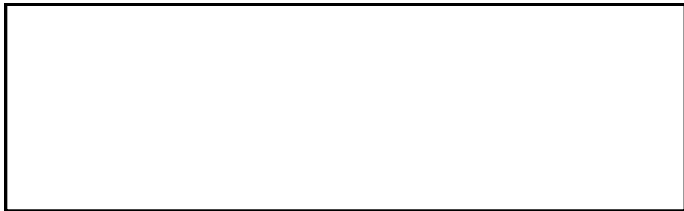
**August 14th** SOUTH PARK SUMMER DAY and NIGHT FESTIVAL 1 - 11:30 PM at Martin Luther King Jr. Park, 1336 Temple Avenue, Santa Rosa 95404. NAMI SC will be tabling from 1 - 4 PM.

**August 21st** NAMI SC BOOK CLUB 2 - 3 PM at Rincon Valley Library, We will be discussing Crazy Like Us: The Globalization of the American Psyche by Ethan Waters. Remember Copperfield's bookstore will give a 20% discount if you identify yourself as a NAMI SC Book Club member. Everyone is welcome to attend!

**September 14th** MENTAL HEALTH SYMPOSIUM and CHAMPIONS AWARD LUNCHEON 9 AM - 4 PM at the Wells Fargo Center for the Arts



*Thank you for  
your support!*



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