



The Advocate

September 2009

San Diego's Voice on Mental Illness

Volume XIII, Issue 8

NAMI San Diego
Free Education & Advocacy Meeting
Thursday, September 3, 2009—6:30 p.m.

Program: Save a Life: Yellow Ribbon and SOSL Team Up For Suicide Prevention

Bonnie J. Bear, Survivors of Suicide Loss: Bonnie is the Executive Director of Survivors of Suicide Loss (SOSL) of San Diego County. She lost her husband of 37 years, Gordon R. Bear, to suicide on August 29, 2002 and has found healing in the work she does at SOSL. Prior to coming to SOSL, Bonnie worked as school nurse for 27 years and is co-author of the Manual of School Health, 3rd Edition (Saunders-Elsevier, 2009). She continues to speak throughout the country on school health issues.

Survivors of Suicide Loss is a nonprofit nonsectarian, organization that was started in 1981. SOSL's mission is to support survivors of suicide loss and educate the community about suicide and suicide prevention.

Carol Skiljan, Yellow Ribbon: The Light for Life Foundation of Southern California is dedicated to saving and enriching lives through the use of The Yellow Ribbon Suicide Prevention Program.

Schedule:

- 6:30 p.m. Roundtable discussion with Dr. Steve Koh, UCSD
- 7:00 p.m. Advocacy and announcements
- 7:15 p.m. Program – Carol Skiljan (Yellow Ribbon San Diego) and Bonnie Bear (Survivors Of Suicide Loss)

**University Christian Church
Friendship Hall
3900 Cleveland Ave.
San Diego, California**

NAMI San Diego, North Inland
Educational Meeting
Tuesday, September 8, 2009—7:00 p.m.

We're back!!!

Our educational program which took a summer hiatus will start up again in September. Please make a note of the date, September 8, 2009, 7pm, Escondido Clubhouse, 474 Vermont Ave. Our prospective speaker is Lisa StGeorge from Recovery Innovations California (RICA). I hope we will have a good turnout. We had a well-attended picnic at Kit Carson Park in June and we really want to continue with our regular North Inland activities including our auction in November.

Please contact me with any concerns or issues, email: ange1amb@aol.com, or phone: 760-805-3501.

I'm always happy to hear from you. By the way, we have the best refreshments!

- Angela Billing

**Escondido Clubhouse
274 Vermont Ave.
Escondido, California**



Education Corner
By Anita Fisher
Education Director

We have added eight new Family to Family classes starting fall 2009. Please contact our NAMI San Diego Helpline to register or for additional information: 619-543-1434 or 800-523-5933.

Classes are added frequently, so if one of these classes does not fit your schedule, contact our Helpline or website www.namisandiego.org for the newest listings.

Family-to-Family Education Program

An Education Program for Families and Friends of individuals who experience mental illness

This 12- week class course series is taught by trained family members who have lived with the experience of having a family member diagnosed with mental illness.

The Family-to-Family course topics include:

- Learning about feelings, learning about facts
- Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic brain biology/new research
- Problem solving workshop
- Medication review
- Empathy workshop - what it's like to have a brain disorder
- Communication skills workshop
- Self-care
- Rehabilitation services-what's available
- Advocacy: fighting stigma

English: August 26 - November 11
Wednesdays, 6:00 p.m. - 8:30 p.m.
Valley Youth Coalition
3845 Spring Drive Room 31 Spring
Valley, CA. 91977

English: September 8 - November 24
Tuesdays, 6:30 p.m. - 9:00 p.m.
St. Michael's Episcopal Church
2775 Carlsbad Ave. Carlsbad, CA.
92008 This class only register: 760-
722-3754

English: September 11 - December 4
Fridays, 6:00 p.m. - 8:30 p.m.
San Carlos United Methodist Church
6554 Cowels Mtn. Rd. San Diego, CA.
92119

English: September 16 - December 9
Wednesdays, 7:00 p.m. - 9:00 p.m.
Rancho Bernardo Community Presby-
terian Church, 17010 Pomerado
Road. San Diego, CA. 92128

English: September 19 - December 5
Saturdays, 9:30 a.m. - 12:00 p.m.
New Creation Church
3115 Altadena San Diego, CA. 92105

English: January 11 - March 29, 2010
Mondays, 6:30 p.m. - 9:00 p.m.
United Methodist Church
3502 Clairemont Drive San Diego, CA

English: January 23 - April 10, 2010
Saturdays, 9:30 a.m. - 12:00 p.m.
Gethsemane Lutheran Church
32696 Melbourne Drive San Diego,
CA. 92123

English: January 23 - April 10, 2010
Saturdays, 9:30 a.m. - 12:00 p.m.
St. David's Episcopal Church
5050 Milton Street San Diego, CA.
92110

Making It Happen

NAMI San Diego, a non-profit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

**NAMI San Diego is an affiliate of
NAMI and NAMI California**

Board of Directors:

- ▶ President - Louise Groszkruger
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Executive Director

Bettie Reinhardt
exudir@namisandiego.org

**The NAMI San Diego *Advocate*
is a monthly publication of**

**NAMI San Diego
4480 30th Street
San Diego, CA 92116**

Telephones:

(619) 543-1434 (Helpline)
(800) 523-5933 (Helpline)
(619) 584-5564 (Administration)
(619) 584-5569 (Fax)

E-mail: information@namisd.org
Web Site: www.namisandiego.org

**The NAMI San Diego *Advocate*
Staff: Rita Navarro
Patrick Cremeens**

**Articles received by the 15th will be
considered for publication in the
following month's newsletter.**

*The opinions expressed in the
newsletter do not necessarily reflect
those of NAMI San Diego.*

**To register your opinion, call Bettie
Reinhardt at (619) 584-5567 or fax to
(619) 584-5569 or email at
exudir@namisandiego.org or contact
any of the people mentioned in the
articles.**



*IOOV Spotlight
By Diana Waugh
IOOV Coordinator*

We still have openings for consumers from the No. Inland area to attend the IOOV presenter training being held the last weekend in September; 9/26-9/27.

You have asked that we have more presenters who are bilingual, older and young adults, as well as more people with Schizophrenia. We have found them and I know audiences will gain a great deal from their experiences.

I am once again appealing to your generosity. I'm asking NAMI members and any one who believes in this IOOV " Stigma Busting" program, to donate food for this training. (Yeah! We already have enchiladas on the menu.)

If you are interested in being a presenter, are willing to bring food or donate money for the event, please contact me at:

dianawaugh@namisd.org
(619) 398-8556 or

Chris Canelias at:
chrisc1341@yahoo.com
(760) 978-3562.

It's time to get back to our grass roots. When I was trained as a presenter in 2000 the meals were so special because they were given with love by NAMI members.

Now it's your turn !!!

For Your Information

SAMHSA Announces Additional Funding to Bolster Increasingly Strained National Suicide Prevention Lifeline Crisis Centers: Effects of The Economy are Placing Increased Demands on Crisis Services Centers at The Same Time They Face Cutbacks from Other Funding Sources

The Substance Abuse and Mental Health Services Administration (SAMHSA) is moving to provide urgent funding to suicide prevention centers around the nation that are dealing with the enormous hardship wrought by the economic downturn. Many of these centers must cope with a sharp rise in the number of callers in crisis (often because of financial problems).

At the same time these centers are threatened with significant cutbacks in funding from state and local governments and other sources of support. SAMHSA funds the National Suicide Prevention Lifeline (Lifeline) through a cooperative agreement for Networking, Certifying and Training Suicide Prevention Hotlines that was awarded to Link2Health Solutions, Inc. SAMHSA is providing more than \$1 million in additional funding through a fiscal year (FY) 2009 supplement to this cooperative agreement.

Press Release: <http://www.samhsa.gov/newsroom/advisories/0908030709.aspx>

Public Health Emergency Procedure

This notice went out to all NAMI San Diego staff members and regular volunteers. Because our goal is to keep everyone healthy and all of our programs fully functioning, we are sharing it with all of our members.

Please be extra vigilant about sneezing and coughing and other symptoms of H1N1 Flu Virus or other contagious diseases. Do not come to program activities when you are symptomatic. If you find yourself sneezing or coughing in a NAMI group, please cover your mouth with a tissue or your elbow and quickly leave the site. During a public health emergency, please wash your hands with soap and water frequently.

If you become symptomatic, please stay away from all NAMI sites for seven days from onset of symptoms.

Finally, please maintain contact with your class teacher or mentor, or group facilitator. We need to inform the group if one or more persons have possibly been infected by the H1N1 or other serious virus.





Inspiration Awards Dinner

OCTOBER 2, 2009

CATAMARAN RESORT HOTEL

3999 MISSION BLVD
 SAN DIEGO, CA. 92109
 6:00 P.M. - 9:30 P.M.
 BUSINESS ATTIRE
 \$75 PER PERSON

2009 INSPIRATIONAL PERSON OF THE YEAR
 AND KEYNOTE SPEAKER

Elyn Saks, JD

ASSOCIATE DEAN AND PROFESSOR OF LAW AT USC'S GOULD SCHOOL
 OF LAW, AND AUTHOR OF "THE CENTER CANNOT HOLD: MY JOURNEY
 THROUGH MADNESS"

NAMI SAN DIEGO'S WORLD PREMIER
 OF THE 10 MINUTE DOCU-SHORT

Five Faces of Hope:

NAMI Smiles for the Camera and the World

EVENING FESTIVITIES INCLUDE:

NO HOST COCKTAIL HOUR, SPECIAL GUESTS, DINNER, DOOR
 PRIZES, RAFFLE, SILENT AUCTION, AND AWARDS PRESENTATION

FOR REGISTRATION, SPONSORSHIP OR PROGRAM ADVERTISING INFO:

WENDY MCNEILL

619-203-9572

WENDYMCNEILLSD@YAHOO.COM

LESLIE SEBASTIAN

619-884-3888

LESLIE@CARTHALABS.COM

Meeting Schedule and General Support Groups

NAMI San Diego

FREE mtgs. & open to the Public.
Phone #'s provided if more information is needed.

NAMI San Diego Support Group

3rd Tuesday, 10:00 a.m. - 12:00 p.m.
NAMI San Diego Office
4480 30th Street
San Diego, CA 92116
Call (619) 543-1434 or
(800) 523-5933

Clairemont NAMI Support Group

2nd Monday, 7:00 - 8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton Street
San Diego, CA 92110
Call Joan Williams at (858) 274-3716

La Jolla NAMI Support Group

1st Tuesday, 7:15 - 9:00 p.m.
La Jolla Presbyterian Church
7715 Draper Ave.
La Jolla, CA 92037
(Life Center Building, Rm 9, Upstairs)
(Park on Draper, go up steps, turn left
and go into building facing you, climb
stairs and turn right, follow short hall until
come to room.)
Call (858) 457-5057

Rancho Bernardo Support Group

3rd Tuesday, 7:00 - 8:30 p.m.
Rancho Bernardo Community
Presbyterian Church
17010 Pomerado Road
San Diego, CA 92128
Call Ellie Taylor (858) 485-0703 or
Judy Mapston (858) 603-4085

Criminal Justice Family Support Group

3rd Thursday, 6:00 p.m. - 8:00 p.m.
Spring Valley Youth & Fam. Coalition
3845 Spring Dr. Room 31
Spring Valley, CA 91977
Call (619) 543-1434 or
(800) 523-5933

Sibling and Adult Children's Group

2nd Wednesday, 7:00 - 9:00 p.m.
Scripps-Mende Well Being Center
Adjacent to the Westfield (UTC) Mall
San Diego, CA 92122
Call Michelle Cauble at
(858) 756-3140

Spouses of Persons with the Diagnosis of Bipolar Disorder

3rd Tuesday, 6:30 - 8:00 p.m.
Clairemont Lutheran Church
(Luther Hall, Room 2 on the 1st Floor)
4271 Clairemont Mesa Blvd.
San Diego, CA 92117
Call (858) 273-7423

Spanish Support Group-South Bay

1st Monday, 6:00 - 8:00 p.m.
South County Family Resource Center
690 Oxford Street
Chula Vista, CA 91911
Call Luz Fernandez (East County Clinic)
at (619) 401-5500 for more information

Spanish Family Support Group

2nd & 4th Monday, 6:00—8:00 p.m.
Otay Mesa Library
3003 Coronado Ave.
San Diego, CA. 92154
Call Gina Osuna at (619) 288-3133 or
Kika Cortez (619) 397-8835 or
Adela Soto (619) 852-2309

NAMI Patton

3rd Sunday, 1:00 - 3:00 p.m.
c/o Patton State Hospital
(Administration Annex - Room 148)
3102 E. Highland Ave.
Patton, CA 92369
Tel: (909) 425-7392
Fax: (909) 425-0160

NAMI San Diego, North Inland

Education Meeting

2nd Tuesday at 7:00 p.m.
Kinesis North
474 W. Vermont Ave.
Escondido, CA 92025
Call (619) 543-1434 or
(800) 523-5933

Monday Share & Care in Fallbrook

Wednesdays, 5:00 - 6:30 p.m.
Fallbrook Healthcare Foundation Bldg.
Corner of Mission and Fig
Fallbrook, CA 92028
Call (619) 543-1434 or
(800) 523-5933

Tuesday Share & Care Meeting

1st, 3rd, 4th, 5th Tuesday,
4:00 - 5:30 p.m.
Joslyn Senior Center
210 East Park Avenue
Escondido, CA 92025
Call (619) 543-1434 or
(800) 523-5933

NAMI North Coastal

P. O. Box 2235
Carlsbad, CA 92018
760-722-3754

Education Meeting

3rd Thursday, 7:00 - 8:30 p.m.
St. Michael's by the Sea Episcopal
Church 2775 Carlsbad Blvd.
Carlsbad, CA 92008
Call (760) 722-3754 or (800) 523-5933

Education Meeting followed by NAMI Facilitated Share & Care Support Group 8:30 - 10:00 p.m.

NAMI-SIT

Schizophrenics in Transition

Copper Hill Living & Learning Ctr., Creative Arts Consortium, Vet to Vet, Creative Opportunities, Advocacy Works, Friends In Hand Clubhouse
Info: (858) 481-7069

TARA Borderline Personality Disorder

Support Meetings for Family Members

UCSD Outpatient Psychiatric Services (Gifford Clinic)

1st Thursday, 6:30 - 9:00 p.m.
140 Arbor Drive, San Diego, CA 92103
2nd Floor Rm 247

Tri-city Medical Center

3rd Wednesday, 6:30 - 9:00 p.m.
4002 Vista Way, Oceanside, CA 92056

Rcho Bernardo Swim & Tennis Club

3rd Thursday, 6:30 - 9:00 p.m.
16955 Bernardo Oaks Drive
San Diego, CA 92128

**For more information on TARA
mtgs. call Sandy (760) 729-5748
or sboone@compuidusa.com**

Client/Consumer Support Groups and Resources

NAMI Connection

Casual & relaxed. Can share challenges & successes of coping with mental illness. FREE, flexible.

NAMI San Diego Office

4480 30th Street
San Diego, CA 92116
Thursdays: 6:00-7:30 p.m.

Mariposa Clubhouse

560 Greenbrier, Suite C-E
Oceanside, CA 92054
Call: (760) 439-2785
Wednesdays: 1:00 - 2:30 p.m.

See Full List of Connection Support Groups at www.namisaniego.org

NAMI C.A.R.E.

Consumers Advocating for Recovery through Empowerment
NAMI San Diego Helpline at
(619) 543-1434 or 1-800-523-5933

Sharp Mesa Vista Hospital

(Activity Room)
7850 Vista Hill Ave.
San Diego, CA 92123
*Every Thursday:
12 Noon - 1:00 p.m.*

ECT Support Group

NAMI San Diego Office
4480 30th Street San Diego, CA.
*Every 2nd and 4th Tuesday
5:30 - 7:00 p.m.*

Consumer Support Group for people who have had or may be beginning Electroconvulsive Therapy (ECT).

EN ESPAÑOL—Casita De Salud

4486 Camino de la Plaza
San Ysidro, CA 92173
Llame: (619) 270-6652 o
(619) 665-3178
*Cada Segundo y Cuarto Sabado
Del Mes: 10:30 a.m. - 12:00 p.m.*

The Consumer Ctr. for Health Ed. & Advocacy

1475 Sixth Ave., 4th Floor,
San Diego 92101
Toll Free: 1-877-734-3258 ✕
Fax: (619) 471-2782
Monday - Friday: 9:00 a.m. - 5:00 p.m.
If you need help getting mental health services or if you have a complaint or grievance, call or write us. We are ready to help you.

Access & Crisis Line

1-800-479-3339
24 hours a day/7 days a week



Client Warm Line

1-800-930-9276
Daily: 4:00 p.m.—11:00 p.m.
Call us. Fellow consumers who have been there, done that. Listening & talking are what we like to do.

NAMI San Diego Helpline

1-800-523-5933, 1-619-543-1434
information@namisd.org
Volunteer resource specialists provide info. & support to callers & visitors, including consumers, family members & professionals.

Albright Center

Hosts the Helpline, lending library, and take home materials.

Jewish Family Service Patient Advocacy Prog.

2710 Adams Ave. San Diego 92116
(619) 282-1134 / 1-800-479-2233
Monday - Friday: 8:00 a.m. - 5:00 p.m.

Bayview Clubhouse

330 Moss Street, Chula Vista 91911
(619) 585-4646 ✕ Fax: (619) 585-4625
Monday - Friday: 8:00 a.m. - 4:00 p.m.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse

1157 30th Street, San Diego 92154
(between Coronado Ave. & Beyer Blvd.)
(619) 429-1937 ✕ Fax: (619) 429-5205
Monday: 8:30 a.m. - 6:00 p.m.
Tue, Thurs & Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8:00 p.m. (Bilingual)

Corner Clubhouse

2864 University Ave., San Diego 92104
(North Park at Utah Street)
(619) 683-7423 ✕ Fax: (619) 683-7428
Monday - Friday: 8:00 a.m. - 4:00 p.m.

East Corner Clubhouse

1060 Estes Street, El Cajon 92020
(619) 440-5133 Ext. 109 ✕ Fax: (619) 440-8522
Mon, Tue, Thurs & Fri: 8:00 a.m. - 4:00 p.m.
Wednesday: 8:00 a.m. - 6:30 p.m.

East Wind Clubhouse

8745 Aero Dr. Ste 330, San Diego 92123
(858) 268-4933 ✕ Fax: (858) 268-0244
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Escondido Clubhouse

474 W. Vermont Ave., Ste. 105
Escondido 92025
(760) 737-7125 ✕ Fax: (760) 737-6129
Monday - Friday: 8:00 a.m. - 4:30 p.m.
1st Saturday of month: 10:00 a.m. - 2:00 p.m.

Mariposa Clubhouse

560 Greenbrier Drive, Ste. C-E, Oceanside 92054
(760) 439-2785 ✕ Fax: (760) 439-6902
Monday - Friday: 8:00 a.m. - 4:30 p.m.

Friends In Hand Clubhouse

144 Copper Ave., Vista 92083 (302 Bus Route)
(760) 631-2206 *Saturday: 11:00 a.m. - 4:00 p.m.*

The API Discovery Clubhouse

5550 University Ave., San Diego 92105
Membership Information: (619) 667-6176
Saturday & Sunday: Noon - 4:00 p.m.

The Meeting Place, Inc.

4034 Park Blvd., San Diego 92103
(619) 294-9582 ✕ Fax: (619) 294-9588
M-TH: 8 a.m. - 6 p.m. FR: 8 a.m. - 4 p.m.

The Oasis Clubhouse

3635 Ruffin Road, Ste. 101, San Diego 92123
(858) 300-0470 ✕ Fax (858) 300-0471
Monday - Friday: 10:00 a.m. - 7:00 p.m.
Serving Transitional Age Youth (16-25)

Neighborhood House Association (NHA) Friendship Clubhouse

286 Euclid Ave., #104, San Diego 92114
(619) 266-2111 Ext. 106 ✕ Fax: (619) 266-0496
Monday - Friday: 8:30 a.m. - 5:30 p.m.

Mental Health America Visions

226 Church Avenue, Chula Vista 91910
(619) 420-8603 ✕ Fax: (619) 420-0385
Mon - Fri: Noon - 7 p.m.; Sat & Sun: Noon - 5 p.m.

The Access Center of San Diego

8885 Rio San Diego Dr. Ste. 131 San Diego 92108
(619) 293-3500 ✕ Fax: (619) 293-3508
Monday - Friday: 8:30 a.m. - 5:00 p.m.

Employment Services

1202 Morena Blvd., Ste. 201, San Diego 92110
(619) 276-8071 ✕ Fax: (619) 276-3542
Monday - Friday: 8:00 a.m. - 4:30 p.m.
(Must be receiving serv. from a county funded mental health prog. & approved by Dept. of Rehabilitation)

San Diego Employment Solutions

10981 San Diego Mission Road Ste. 108
San Diego 92108 ✕ (619) 521-9569
For people with history of long-term unemployment

Job Options

3465 Camino del Rio South, Ste. 300
San Diego 92108
(619) 688-1784 (Valorie) ✕ Fax: (619) 688-9884
Mon - Thurs: 8 a.m. - 5 p.m.; Fri: 8 a.m. - 4 p.m.

San Diego Park and Recreation Therapeutic Recreation Services

3325 Zoo Drive, San Diego 92101
(619) 525-8247 ✕ Fax: (619) 299-9304
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Provides year round recreational experiences for individuals with disabilities.

The Creative Arts Consortium

P. O. Box 3053, San Diego 92163
(619) 282-4627 or (858) 481-7069

Compeer San Diego

(858) 361-3632
Offering support, information, and friendship!
website: www.compeersandiego.org
e-mail: info@compeersandiego.org

DBSA-Depression Bipolar Support Alliance

There are meetings in different regions of the county. Call for meeting info: 1-800-826-3632 or go to the DBSA website at: www.dbsalliance.org

Become a Member and/or Make a Donation

NAMI San Diego relies on its membership and your generous contribution to continue providing education and other services to people with mental illnesses, their families, and the community. To join NAMI San Diego, renew your membership, or make a contribution, complete the information below and enclose your check payable to: NAMI San Diego.



Name: _____ E-mail address: _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Cell Phone: _____

We are a green friendly organization. Please help us save trees and postage. By submitting your e-mail address you will get your newsletter via-e-mail when you are a new member or renewing your membership. Paper newsletter will ONLY be sent if specifically requested.

I understand and agree

I Request My Paper Newsletter

Become a Member

- Membership \$40.00
 New Member Renewal
- Professional Membership \$75.00
- Organizational Membership \$100.00
- Please contact me about a Scholarship Membership

Make a Donation

- Platinum Donation - \$1,000 or More Amt. Donating: _____
- Gold Donation - \$500 - \$999 Amt. Donating: _____
- Silver Donation - \$100 - \$499 Amt. Donating: _____
- Bronze Donation - \$1 - \$99 Amt. Donating: _____

To pay by Credit Card:

Print Name As It Appears On Card _____

Card Number _____

Expiration Date _____

___ Visa ___ MasterCard \$ _____

Amount

Signature _____

Please Mail To:

NAMI San Diego
 Attn: Membership
 4480 30th Street
 San Diego, CA 92116

Or Fax To:

619.584.5568
 (ONLY if paying by credit card)

Planned Giving

Leaving something behind to help future generations is one of the most gratifying things we can ever do. It is possible to provide for your heirs while at the same time continuing your support of NAMI San Diego. If you would like advice on charitable bequests, charitable remainder trusts or charitable lead trusts, contact your personal attorney or call NAMI volunteer and chartered financial consultant Michael McNeill (858-272-7997) of Prudential Financial to assist you in choosing what plan works best for you.



Endowment

An endowment is a special investment fund in which the principal can never be spent. The investment return (interest) is used to provide income for a nonprofit organization, in perpetuity. If you would like information on contributing to the NAMI Endowment Fund, call Bettie at 619-584-5567

The Advocate

Vol. XIII, Issue 8, September 2009



4480 30th Street
San Diego, CA 92116

Non-Profit
Organization
U. S. Postage
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Return Service Requested

E&A Meetings

NAMI San Diego

September 3, 2009 at 6:30 p.m.
University Christian Church
San Diego

NAMI San Diego, North Inland

September 8, 2009 at 7:00 p.m.
Escondido Clubhouse, Escondido



Announcing our 6th Annual NAMI WALK for the Mind of America! Seeking WALK Committee Members... The walk is an amazing morning where we all come together to support one another, raise awareness, and educate the community about mental health issues. In order to have this wonderful day, a team of dedicated committee members must come together to plan the event, and we want you! If you are interested in being a part of this dedicated team from taking on a Chair role, to providing input, you're the person for us. Our next meeting is at 11am on September 14, 2009, at the NAMI San Diego office. Hope to see you there!!

MARK YOUR CALENDARS

San Diego County NAMI WALK
April 17, 2010
Balboa Park at 6th Ave and Quince St.
www.namiwalksandiego.org