

**"Lynne's Hoarding Poem"**  
**By Lynne in San Diego**

**What about right now?**

**Sometime in the past:**

I loved this;  
 I loved her;  
 He loved me;  
 She loved this;  
 I used to like this;  
 Someone gave this to me;  
 I bought this;  
 This mattered to me;  
 This mattered to you;  
 This mattered to someone;  
 I did this;  
 I read this;  
 I used this;  
 I wanted this;  
 He wanted this;  
 I saved this;  
 I thought about this;  
 I knew about this;

**It must be worth keeping.**

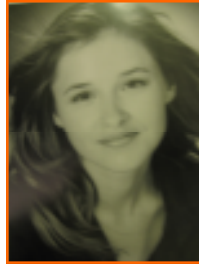
**Sometime in the future:**

I might need this;  
 My kids should want this;  
 This could be valuable;  
 I will repair this;  
 I'll know where to put this;  
 I will figure out what this is;  
 I will learn how to use this;  
 I won't be able to find another one;  
 I won't be able to buy another one;  
 I'll be able to wear this;  
 My taste might change;  
 This could be made into something better;  
 I may find the mate to this;  
 I might change my mind;  
 It could fit again;  
 I will remember everything in this;  
 This will matter;  
 This could matter;  
 This should matter;  
 I might use this;  
 Someone I know might use this;  
 Someone I don't know will need this;  
 I will meet someone who knows someone  
 who heard about someone who might use  
 this;

**It must be important enough to save.**

**But what about right now?**

**NAMI San Diego**  
**Free Education & Advocacy Meeting**  
**July Meeting Canceled!**  
**We have our next meeting in August.**



*Shannon Jaccard*  
*Executive Director*  
*NAMI San Diego*

**What's Happening at NAMI San Diego....**

Now that the walk is over, what other ventures are happening at NAMI San Diego? As we get ready to wind up the 2009- 2010 fiscal year, we took a moment to look inward and see how far NAMI San Diego has gone and where there are any disparities. This year, we graduated over 240 family members from our Family-to-Family Education program and close to 100 peers who completed the 10 week Peer-to-Peer Education program. Both programs are supported by San Diego County Behavioral Health. Our amazing In Our Own Voice presenters broke down stigma talking about their personal experiences in roughly 125 presentations throughout the county. Locations included police officer trainings, college classes for students preparing to be teachers, hospitals for both staff and patients, and many more! It was in this past year that we recognized a gap. For many people, when you are visiting a loved one who is currently residing in an inpatient unit of a hospital the experience can be very emotional, and many times when you leave you feel alone, lost, and confused. In order to help people through this difficult time, NAMI San Diego started the Friends in the Lobby program. This program consists of having two trained NAMI San Diego volunteers waiting to assist people in the lobby of a hospital. We can always use more volunteers to keep this program going and growing! Another gap we recognized was the need for patrol officers to have our contact information on hand for people they interact with who might be in need of our support. Through a grant supported by the San Diego County Employees' Charitable Organization's (CECO), we were able to print 4,000 NAMI San Diego Helpline cards, which were given to San Diego City Patrol Officers to distribute. Already, we have been receiving phone calls from this new program.

On June 26<sup>th</sup>, we are hosting a Super Sale/Fun Fest and are using the opportunity to open our doors to our neighbors (and make a little money!) We are hoping to encourage fellow residents and businesses to come and check out what NAMI San Diego is all about!

As we go into this new fiscal year, NAMI San Diego is very excited about it's current robust programs and future growth! Hope to see you at a future NAMI San Diego event!



**Annie Dunlop**  
Dev. & Events Mgr.  
NAMI San Diego

### Summer Fun at NAMI San Diego

#### Volunteer Orientation for July

Next orientation is on July 12th at 11am at the NAMI San Diego office. We have several opportunities from answering the phones at our helpline to clerical work at the office and working at a NAMI San Diego booth at a health fair. In order to become a volunteer you need to attend an orientation. The next date and time will be Monday, July 12th at 11am at the NAMI SD office.

#### Friends in the Lobby

Our Friends in the Lobby Program has a minimum requirement of only 4 hours of volunteer time a month and we are there to outreach to patients and their visiting relatives and friends in San Diego area hospitals. If you are interested in volunteering in this program or any other NAMI San Diego programs please contact Annie Dunlop [anniedunlop@namisd.org](mailto:anniedunlop@namisd.org)

#### Fundraising Concert for NAMI San Diego at Anthology

Joyce Cooling is a contemporary jazz musician (guitarist, vocalist, song writer) and NAMI advocate based in San Francisco. Joyce has launched a cross-country concert series called, "Music for the Mind," to benefit the local NAMI chapters where she is performing. Joyce is turning her show into a NAMI San Diego fundraiser. The performance is on Friday, August 6th at 7:30pm at Anthology, a jazz club in San Diego.

#### Anthology

1337 India St. San Diego, 92101  
Tel: 619-595-0300  
Web: [www.anthologysd.com](http://www.anthologysd.com)

Joyce will donate \$5 per CD sold at the show and 100% of her other merchandise (posters, photos etc) to NAMI San Diego.



**Devin Eshelman**  
Consumer Prog. Coord.  
NAMI San Diego

### Volunteers who give their all!

If you are one of them, you know who you are by the name NAMI. What do you feel when I say the name NAMI? Is it a job, or just a large organization? Is it a place, or a number of programs? Does it invoke a feeling of hope? How about a life saver? You may think inspiration or even a legacy from the name NAMI...

Whatever the acronym means to you, we are all mixed in with the meanings and wonders in the name that is not above all names, yet its close.

### **iVoluntarios que dan todo!**

Si usted es uno de ellos, saben quienes son por el nombre NAMI. ¿Que siente cuando digo el nombre NAMI? ¿Es un trabajo, o solamente una organización grande? ¿Es un lugar, o un numero de programas? ¿Le da un sentimiento de esperanza? ¿Un salva vidas? Podría pensar que es una inspiración o un legado del nombre NAMI...

Lo que sea que signifiquen las siglas para usted, todos estamos revueltos en los significados y las maravillas en el nombre que no se pone mas arriba de otros, pero que esta cerca.

## 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 - Lisa Ponfick
- ▶ Vice President - John McManamy
- ▶ Treasurer - Louise Groszkruger
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- ▶ Neal Swerdlow, M.D., Ph.D.
- ▶ Dan Sewell, M.D.
- ▶ Carol Matthews, M.D.

#### **Executive Director**

Shannon Jaccard  
[sjaccard@namisandiego.org](mailto:sjaccard@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](mailto:information@namisd.org)**

**Web Site: [www.namisandiego.org](http://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 Shannon Jaccard at (619) 584-5567 or fax to (619)584-5569 or email at [sjaccard@namisandiego.org](mailto:sjaccard@namisandiego.org) or contact any of the people mentioned in the articles.**

## **NAMI California Affiliate Leaders and Key Members:**

The Legislature's Budget Conference Committee has been appointed following the hearings in both houses regarding budget issues. This Conference Committee will come up with its own proposal or compromise as an alternative to the proposal presented by the Governor. The following Senators and Assembly members will work on the state budget in this very important committee:

### Senators on the Committee:

Denise Moreno Ducheny, D-San Diego (Chair), Mark Leno, D-San Francisco, Alan Lowenthal, D-Long Beach, Bob Dutton, R-Rancho Cucamonga, Bob Huff, R-Diamond Bar.

### Assembly Members on the Committee:

Bob Blumenfield, D-Woodland Hills, Assemblywoman Connie Conway, R-Tulare, Assemblyman Felipe Fuentes, D-Sylmar, Assemblyman Jim Nielsen, R-Gerber, Assemblywoman Nancy Skinner, D-Berkeley

## **WHAT YOU CAN DO**

Write a letter to your legislator about issues on their hearing agendas. To find out who your legislators are and send an e-mail to them go to <http://www.nami.org/stateadvocacy>, click on the California map, plug in your zip code, and you can send a letter. PLEASE DELETE THE SAMPLE LETTER AND WRITE YOUR OWN. Visit your legislator in their capitol or district office to talk to them about issues on their hearing agendas. Watch the hearings. No public testimony is heard during the conference committee hearings. However, the hearings are open to the public. To listen, you may either attend the hearings in person, watch them on TV (see [www.calchannel.com](http://www.calchannel.com), or listen using your computer online ([http://www.senate.ca.gov/htbin/testbin/noframe\\_audio](http://www.senate.ca.gov/htbin/testbin/noframe_audio)))

HERE'S THE GOOD NEWS: Committees in both the Senate and Assembly have rejected:

- \* the Governor's proposal to devastate the 1991 realignment of community-based mental health services that would have reduced community-based mental health programs by 60 percent.
- \* the Governor's proposals to require mandatory copayments and hard caps on services in the Medi-Cal program, as many of these proposals have questionable legal foundation under federal law.
- \* the Governor's proposal to eliminate the CalWORKs program that would have resulted in the loss of \$4 billion in matching federal funds.
- \* the Governor's proposal to reduce the In-Home Supportive Services (IHSS) program in half and directs staff to work on cost containment options for this program.

ADVOCACY WORKS! BUT WE AREN'T DONE YET! Take a look at the whole budget process (below) and you'll see all the steps that must be taken before a state budget is signed and (hopefully) we can breathe a sigh of relief.

How the Budget Process Works

THE GOVERNOR'S BUDGET PROPOSAL: Legislative review of the budget begins in early January and typically runs through June.

The State Constitution requires the Governor to submit a balanced budget proposal to the Legislature by January 10 of each year. The proposal details his or her spending plan of the fiscal year beginning on July 1. The Constitution requires that the Governor's proposal be introduced in both the Assembly and the Senate as identical budget bills.

After the budget's introduction, the Legislature has until June 15 to pass the budget. This five month period, a comparatively a short time frame for

consideration and passage of the state's \$100 billion budget is the critical period for providing public comment on the state's spending priorities. The Legislative Analyst's Office (LAO), the Legislature's nonpartisan fiscal

advisor, publishes an extensive review of the Governor's budget proposal in mid-February. The LAO's Analysis of the Budget becomes the starting point for discussion in both houses of the Legislature. The Analysis includes program background, economic projections and recommended revisions.

### LEGISLATIVE BUDGET COMMITTEE

HEARINGS: In each house, the budget committee reviews the budget bill through May. The Senate budget committee, officially known as the Senate Budget and Fiscal Review Committee, breaks the budget into broad subject matters (such as Education, Natural Resources or Health and Welfare), and assigns each state agency and department to one of four subcommittees. Subcommittee hearings begin in March. Before each hearing the subcommittee staff prepare extensive agendas detailing the governor's proposals and alternatives. The agendas are available on the committee's Website.

During the subcommittee hearings, the Legislature has its broadest discussion of budget alternatives and makes most of its changes. State agencies, the Governor's Department of Finance and the LAO appear before subcommittees with their recommendations. Interested citizens or groups may also appear before subcommittees. The subcommittee hearings may be the best time to have your voice heard. Subcommittee meetings are open to the public and often televised on the California Channel. (NAMI California was represented at these hearings.)

## Joyce Cooling Jazz Concert in August Will Benefit NAMI San Diego

Friday, August 6, 2010  
1337 India St. San Diego, CA. 92101  
7:30 p.m.

Music for the Mind is a new and exciting series of concerts where Joyce Cooling performances are dedicated to raising funds and awareness for NAMI (National Alliance on Mental Illness).

On **Friday, August 6, at 7:30 pm**, this dynamic jazz musician will perform at Anthology located in downtown's Little Italy neighborhood between A & Ash streets. A portion of ticket sales and Joyce Cooling merchandise goes to NAMI San Diego. So, just by showing up for a fun, amazing concert, you've donated.

Singer, songwriter and guitarist Cooling is interested in NAMI because her brother was diagnosed with Schizophrenia when he was 21. "From that moment on, his condition - and its relentless dominating presence - has been the single most pressing element in my family's universe," said Cooling, adding that NAMI saved her family when they had nowhere to turn for help. "I want to help NAMI help others."

NAMI San Diego is a non-profit organization that offers help and hope to those who live with mental illnesses and their families. More than 244,000 people are living with mental illness in San Diego alone. In the state of California, 600,000 children, adults and elderly are in need of mental health services that aren't readily available. In our nation, one in five people will suffer from a serious mental illness in their lifetime.

As San Diego's voice on mental illness, NAMI San Diego provides family, teen and corporate outreach services and programs. These include support groups, educational classes, newsletters, outreach presentations and the helpline. These services are offered at no cost to the user, so the organization depends on donations and fundraisers such as this concert.



**Get your tickets today at:**

[www.anthologysd.com](http://www.anthologysd.com)  
Or Call 619-595-0300

Information on Joyce Cooling is at [www.joycecooling.com](http://www.joycecooling.com)

For more information on NAMI San Diego, call (800) 523-5933.  
Or visit [www.namisandiego.org](http://www.namisandiego.org)

# 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

### **East County Support Group**

2nd Tuesday, 6:30 p.m. - 8:30 p.m.  
East County Mental Health  
1000 Broadway Ste. 210  
El Cajon, CA. 92021  
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 (619) 543-1434 or  
(800) 523-5933

**NO AUGUST 2010 MEETING FOR BELOW LA JOLLA SUPPORT GROUP!**

### **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**

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 Tuesday, 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*

### **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**

Every Tuesday,  
4:00 - 6:00 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., Crea-  
tive Arts Consortium, Vet to Vet, Crea-  
tive 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

**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) 722-3754  
*Wednesdays: 1:00 - 2:00 p.m.*

## **NAMI C.A.R.E.**

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

### **ECT Support Group**

Sharp Mesa Vista Hospital (Education Bldg) 7850 Vista Hill Ave. San Diego, CA 92123  
*1st Monday of the Month: 5:00 p.m. - 6:30 p.m.*

## **EN ESPAÑOL—**

### **San Ysidro Health Center**

4004 Beyer Blvd. San Ysidro, CA.  
Llame: (619) 309-3884  
*2o, 4o y 5o Sabado Del Mes: 9:30 a.m. - 12:00 p.m.*

## **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 Helpline, mini library, & materials.

### **The Consumer Ctr. for Health Ed. & Advocacy**

1475 Sixth Ave., 4th Floor, SD 92101  
1-877-734-3258 ✕ Fax: (619) 471-2782  
*Monday - Friday: 9:00 a.m. - 5:00 p.m.*  
Need help getting mental health services or have a complaint or grievance, call or write us.

### **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**

7155 Mission Gorge Rd. San Diego, CA. 92120  
(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

### **DBSA-Depression Bipolar Support Alliance**

There are meetings in different regions of the county. Call for meeting info: 858-444-6776 or go to the DBSA website at: [www.dbsasandiego.org](http://www.dbsasandiego.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:

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Print Name As It Appears On Card

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Card Number

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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)

### 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 Shannon Jaccard at 619-584-5567 or email sjaccard@namisandiego.org



# The Advocate

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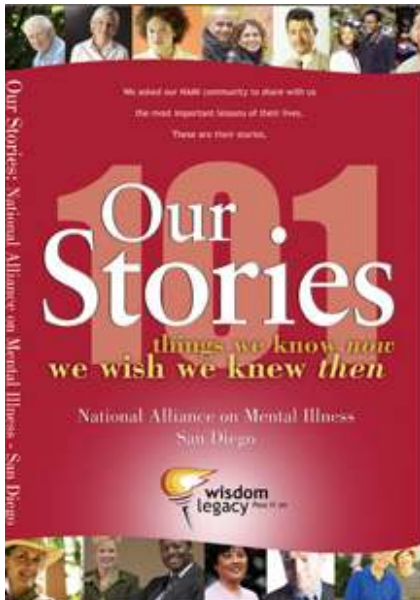
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## Education & Advocacy Meeting

*NAMI San Diego*

**July Meeting Cancelled!!**

We will meet again in August.



***101 Stories:  
things we know now  
we wish we knew then***

42 NAMI San Diego members have come together to write a book about their shared experience in the mental health journey and this is our story.

In this book, authors share moments of great pain to great joy and stories range from personal lived experience with a mental illness to having a sibling, child, or parent with a mental illness. The goal was to have at least one story that each person can relate to.

**BUY THE BOOK AT:  
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