



June 17, 2009

FOR IMMEDIATE RELEASE:

Contact:
Shannon Jaccard, M.B.A.
Communications Director
NAMI San Diego County Walk Manager
(619) 584-5564
shannonjaccard@namisd.org
www.namiwalksandiego.org

Wellness, Resiliency and Mental Health are topics for next NAMI meeting

SAN DIEGO—Join the National Alliance on Mental Illness (NAMI) San Diego and Anthropologist Heather Wood Ion at the next monthly Education and Advocacy meeting on July 2, 2009 for a discussion on wellness and resiliency in mental health.

Dr. Ion is a writer and cultural anthropologist who has specialized in turning around communities and troubled organizations. Throughout her career she has focused on the invisible strengths from which we build resilience and can transform our lives. Her book, with Saul Levine MD, *Against Terrible Odds*, applies her knowledge of social and cultural recovery to the profound issues of individual resilience.

As a midwife of change, Dr. Ion facilitates growth by asking the questions that lead to adventures in discovery. Sometimes these adventures are extremely challenging, but by learning how to seek meaning, we can continue to move forward until we transcend our circumstances. Dr. Ion is the grandchild of pioneers; she was educated at McGill, Claremont and Oxford, and moved to San Diego to work with Dr. Jonas Salk.

NAMI is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses, which, in reality, if everyone in one way or another. They hold Education and Advocacy meetings the first Thursday of every month at no charge to the public. These feature expert speakers on timely topics.

The meeting on July 2 starts at 6:30 pm with a roundtable discussion with Dr. Steve Koh, Chief Resident at UCSD's Department of Psychiatry, followed by Dr. Ion's presentation, and will be held at the University Christian Church Friendship Hall at 3900 Cleveland Ave in San Diego (across from the Post Office).

Mark your calendar and if you need more information, contact NAMI San Diego at (800) 523-5933. Or visit www.namisandiego.org

###