CRAB FEED
A GREAT SUCCESS

Thank you so much to everyone who donated and participated in celebrating NAMI Contra Costa's 4th Annual Crab Feed! The evening was a success. Thank you to Dave Clark for hosting the event and to the performances of the Chris Cole band and Zoe, McKenzie, Grace and Addy from the Team Pink Dancers for keeping us entertained all night.

(Continued on page 4)

QUESTIONS ON MENTAL ILLNESS

If you have questions about mental illness and the resources that might help, you need to go to the next Crash course session.

The Crash Course is offered EVERY Wednesday of the year. It is entirely free and requires no reservation.

The location is central and easy to get to in downtown Concord. It is at the Family Justice Center at 2151 Salvio.

(Continued on page 4)

Shown below is a scene from the auction.
NAMI-CC Care and Support Groups

Central Contra Costa County

3rd Monday of Each Month, 7:00 to 9:00 p.m., John Muir Medical Center, 1601 Ygnacio Valley Road, Walnut Creek Campus, downstairs in the Epstein Conference Room. Park in the FREE public garage on the La Casa Via side of the hospital. The group is facilitated by Sharon Madison and Bob Thigpen. Email: xnamicc@aol.com, or call: (925) 256-9640, (925) 957-5139.

NAMI Contra Costa Writers’ Group
All writing levels welcomed. 1st Tuesday of Each Month, Not July.
10:30 a.m. to 12:00 Noon
Rainbow Center-2118 Willow Pass Road, Concord
Roberto Roman 925-957-5105

The Crash Course
A comprehensive orientation to the resources in Contra Costa to help with recovery
EVERY Wednesday night 5:30 pm
2151 Salvio St. Concord 2nd Floor
dk122932@aol.com 925-676-5771
Free-RSVP NOT Required

Open Our Hearts
Family Member Support Group
No Meeting in September 2018
For family members of adults with mental illness.
4th Monday of Each Month 7:00 pm to 8:30 pm
Temple Isaiah
945 Risa Road, Lafayette
(In The Talnun Torah Center, Room E204)
Call Karen at (925) 945-7272 or email at karen@mmcohen.com
www.openourhearts.net

NAMI Contra Costa Mandarin Program
Family Support Group
Language: Mandarin中文
2nd Saturday of every month
Time 10:00 to 12:00 Noon
Location: DCBC, 2278 Camino Ramon, San Ramon, CA 94583
Contacts: Shelly 925-238-6286; mandarin@namicontracosta.org

NAMI CC Mandarin Program
Family Support Group
Language: Mandarin中文
2nd Saturday of every month
Time 10:00 to 12:00 Noon
Location: DCBC, 2278 Camino Ramon, San Ramon, CA 94583
Contacts: Shelly 925-238-6286; mandarin@namicontracosta.org

SPANISH SUPPORT GROUP
3RD Tuesday 6:30-8:30 pm
Salvation Army, 4900 Appian Way, El Sobrante
Alejandra, 510-837-4077

Support Group for Parents of Adult Children with Mental Illness
Meets the 2nd Sunday 2-3:30 pm
San Ramon Valley United Methodist Church
902 Danville Blvd., Alamo, CA 94507
Karen Scalzi: (925) 820-7495 or kscalzi@comcast.net
Marilyn Clarke: (925) 837-5243 Office: (925) 837-5243

NAMI SPANISH LANGUAGE FAMILY SUPPORT GROUP—PITTSBURG
1st Thursday each month 7:00-8:30 pm
Faith Based-ALL Creeds Welcome!
Church of the Living God
1125 Harbor St. Pittsburg
Veronica: 925-250-4032
defamiliafamilia@namicontracosta

Brentwood Support Group
Last Tuesday Evening of the Month
Raley’s Grocery Store
2400 Sand Creek Road, Brentwood
7:00 pm to 9:00 pm
Contact: Laurel Howard-Fong 925-437-1751
lphfong19@gmail.com

NEW HOPE SUPPORT GROUP
Offering support, education and resources to parents, caregivers of children, teens and young adults diagnosed with a mood disorder. Meets the 2nd Monday of each month
Lafayette/Orinda Presbyterian Church
49 Knox Drive, Room 204, in Lafayette
7:00 to 9:00 p.m. Christina Mellin 925-899-0862

NAMI WEST COUNTY SUPPORT GROUP
2nd Wednesday Each Month 6:30—8:00 pm
Richmond Medical Center of Kaiser
901 Nevin Avenue- 3rd Floor Room 317 Conference Rm 1
Richmond Contact Dr. Sumchai 510-237-9277 or E mail: family2familyrichmond.nami@gamil.com

NAMI SPANISH LANGUAGE FAMILY SUPPORT GROUP—PITTSBURG
1st Thursday each month 7:00-8:30 pm
Faith Based-ALL Creeds Welcome!
Church of the Living God
1125 Harbor St. Pittsburg
Veronica: 925-250-4032
defamiliafamilia@namicontracosta

NAMI CONNECTIONS
Support Group for Families and Consumers
EVERY Wednesday 7-9:00 pm,
John Muir Behavioral Health Center
2740 Grant St. Concord
reina@namicontracosta.org 925-798-9660
NAMI Contra Costa
National Alliance on Mental Illness

OFFICERS:
Charles Madison, President
(925) 256-9640
C_madison@msn.com
Mark Cohen, Secretary
mark.cohen@namicontracosta.org
David Kahler, Treasurer
(925) 676-5771
dk122932@aol.com

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Email: xnamicc@aol.com
Website: www.namicontracosta.org
Phone: (925) 676 5771

Newsletter Deadline:
03/119 Th 8th A TTT
20th of Each Month

PRESIDENT’S COLUMN

Our Annual Crab Feed was a resounding success. Thank all of you who were able to attend. Thanks so very much to the Co-chairs of the event, Michelle Wong and Clare Beckner.

Also a big thank you to Chuck and Maryann Andrews and Richie Ngo who once again ran the cash table. A special thank you to Kathleen Henggeler and Monica Simmons for donating their time to help train the volunteers working the registration table and offering their help during the crab feed.

It was great to have Channel 5’s Dave Clark as emcee of the event and David Aahl as our lively auctioneer. They along with the Chris Cold Band added the extra bit of spark and fun to the evening.

Although the final numbers are not all in yet, the projected proceeds are the best we have raised to this date and will assure this year’s continued funding for our NAMI programs that are not funded by outside sources.

The General Meeting on March 21st featured an informative presentation by Natalie Oleas, J.D. on the Family Justice Center in Contra Costa County. Natalie is to be complemented for her professional and interesting presentation.

There were also a whole host of people that volunteered their time to make this event such a success which include members of our FSN staff, our NAMI core of volunteers, the DVR personnel and many more. To all we thank you so very, very much.

FAMILY ADVOCATE
Bob Thigpen
925-957 5139

E mail: crashcoursehelp@aol.com

NAMI Contra Costa Mission Statement

Our Mission is to provide support, outreach, education and advocacy to families affected by and individuals living with a mental illness.
NAMI Contra Costa               April    2019

PROBLEMS WITH THE KIDS?
ED REV EXPO

Are you a parent of a child who struggles with learning and attention differences and the anxiety and depression that often come with these differences? If so, then come join NAMI Contra Costa on May 4th at Oracle Stadium in SF for this free event to help children, their parents and other professionals. This unique ED REV event is free and includes a stadium full of resources and speakers. Football star Steve Young will share his journey with anxiety, and another renowned speaker has a session on building healthy parent-child relationships when kids have difficulty with behavior or anxiety. These are just a few of the resources and sessions. To sign up or learn more go to:

www.edrevsf.org.

Ed Rev Expo combines an educational conference with a celebratory community day at the ballpark, where you will have access to:

- Over 50 valuable sessions for parents, educators and other professionals on topics related to the 1 in 5.
- Exhibit hall showcasing the latest learning technology, a stunning student art gallery, as well as 100+ schools, community organizations and service providers focused specifically on learning and attention differences.
- Student celebration on the field with live music and outdoor activities.

CRAB FEED A GREAT SUCCESS

(Continued from page 1)

A special thank you to Graham Wiseman and Marie for sharing your personal stories with us. The dinner from the men of DVR, was amazing!

All you could eat pasta and Dungeness crab. The cake decorations were incredible. The auction was a hit, many people walked away with awesome gift packages and prizes.

But above all, the memory of networking with family and friends for such a special occasion will last a lifetime.

Thank you for doing what you do every day to make this world a better place. An extra special thank you to Gigi Crowder, Gail Ellis and the NAMI CC staff, volunteers and Crab Feed Committee for the dedication and preparation it took to plan such a nice event.

NAMI GENERAL MEETING

SPEAKER GRAHAM WISEMAN

After the tragic loss of his son, Graham has devoted his career to educating parents with the knowledge, understanding and hope needed to guide their children toward happier, independent lives.

The Topics Will Be:
✧ How to be the perfect parent—Cliff’s Notes
✧ California Healthy Kids Survey—What they are telling us
✧ What to look out for—warning signs your child can show.
✧ When not treated it can grow worse-5150
✧ What has changed—why are our tweens and teens disconnecting.
✧ What is important to your child—is it what you thought.
✧ Where to get help—resources available.
✧ Social Media Strategies.
✧ Cell phone survival Guide.
✧ Getting them ready for the next step—College or High School.
✧ Mental Health for Life—Keeping you child well.

GRASSHOPPER WISEMAN

MANDARIN EDUCATIONAL PRESENTATIONS

On March 9 the presentation was attended by 24. Topic: Raising Emotionally Healthy Kids. The meeting was held in San Ramon. The presentation was given in English. It is always free and open to the public.
NAMI BASICS CLASSES IN MAY
Reaching out to all parts of Contra Costa County.

NAMI Basics in Spanish will be taught at the Latina Center in Richmond starting Thursday May 2nd, from 9:00-11:00 AM.

Many thanks go to Ana Torres and Alejandra Escobedo for Co-Teaching this class to our Spanish speaking community.

Two classes in English are being planned for May. One class will be held in Danville and another in Antioch. For additional information contact Susan at: susanh@namicontracosta.org.

Contact our office to place your order, 925-942-0767.

MEMBERSHIP MATTERS

Great news! NAMI-CC membership is growing by leaps and bounds! As of March 19, 2019 we have 376 members.

Your expiration date is on your Newsletter mailing label. Help our volunteer Membership Committee by renewing the month before your membership is due to expire.

Renew on our website www.namicontracosta.org or send a check using envelope enclosed in this Newsletter. Thanks to everyone for your continued faith and support of volunteer efforts and our NAMI mission.

QUESTIONS ON MENTAL ILLNESS
(Continued from page 1)

NEW! OPEN DISCUSSION AND RESOURCE SHARE
Horizon Mental Health Support Group

Join us for your Monday morning coffee! Make a new friend. Find resources and get your questions answered.

1st & 3rd Mondays
9:30 AM – 11 AM
Our Savior’s Lutheran Church
1035 Carol Lane
Lafayette, CA 94549

DROP IN – ALL ARE WELCOME
Free & Easy Parking
Handicap Accessible

Beautiful Notecards
Generous Donation
ORDER NOW!

Many thanks to Laurie Shapley for her most generous donation of all the proceeds from the sales of her notecards. Each of her cards has a spectacular, unique photograph from her worldwide travels. You select 8 pictures to go in your custom box. They make great gifts and support NAMI at the same time.
Book Review
By Susan Norwick Horrocks

Daisy Has Autism
By Aaron J. Wright
Indiego Publishing, 2019

Anyone who has taken our NAMI Basics class will immediately recognize the dedication of this book, “For anyone who departed for Italy but touched down in Holland…”

So begins the agonizing true story written by the father of an autistic daughter. He tells of the impossible struggle to get appropriate testing and support from the Davis School District, near Sacramento, California. The book highlights intentional efforts to prevent identifying and admitting children, who are clearly disabled, from Special Education programs. It is a frightening exposure of the limitations and harm our current Special Education laws inflict on children and families. Some of the problems are caused by unfunded mandates resulting in inadequate Special Needs programs. Other problems are the result of misguided efforts by school districts, strapped for funds, to unlawfully avoid identifying special needs children.

The author, Aaron Wright, urges his readers to advocate for change to remedy this unjust and cruel situation facing children with disabilities and the families that struggle to have their special needs child appropriately served.

A beautifully written book and a very good read! Come check it out.

NAMI CC has a signed copy of this book in our library. It is a gift from Mary Jane Duthie who taught elementary school in West Oakland.

TEACHERS NEEDED

We are actively recruiting new NAMI Basics teachers. We need more English, Spanish and Chinese speaking teachers. Don’t miss this wonderful, fulfilling volunteer opportunity. Ideal for parents who want to “give back” and share their knowledge and experience with other families. For more information call:

Susan Norwick Horrocks
at 925-262-3404

HOMEFRONT

HOMEFRONT is a 6 week, on line class, for families of Veterans and families still active in the military. Please tell any military or veterans families with loved ones experiencing PTSD or symptoms of SMI they are eligible to attend this free class based on F2F but tailored to their needs.

Spanish NAMI Basics
 Begins May 2

WHAT: NAMI Basics Class taught in Spanish, meets on Thursdays, once a week for 6 sessions.
COST: Free, Sponsored by NAMI CC
WHEN: Starting Thursday, May 2nd, 9 - 11 AM
WHERE: The Latina Center, Richmond, CA
REGISTRATION REQUIRED: Contact ana@namicontracosta.org

Peer-to-Peer NAMI
PEER-TO-PEER RECOVERY EDUCATION PROGRAM

A free, 8-week course for adults living with mental illness

Classes meet once a week. Classes are held at Central, West, and East Contra Costa County locations. The upcoming class will be held in Antioch at Recovery Innovations, located at 3711 Lone Tree Way. Schedule TBA. Reservations are required.

Peer-to-Peer classes are taught by trained Peer Mentors living in recovery themselves

Peer-to-Peer classes are taught by trained Peer Mentors living in recovery themselves

For more information about the Peer-to-Peer course, or to reserve a spot in the class, please contact Lisa Bruce, Lead Coordinator/Mentor, at lisa@namicontracosta.org, or Mae at 415.652.9832, or Carla at 925.518.2758

Please DO NOT contact the class site for information. Any contact regarding the course must go directly through NAMI Mentors
Putnam Clubhouse members, staff, board members, NAMI members and community partners will gather on:

Friday, May 17th

To clean up a section of Concord, California. Our cleanup campaign, “Sweep Away Stigma” will bring the community to raise awareness of how stigma impacts the lives of those living with mental illness while helping beautify the Putnam Clubhouse neighborhood.

Mental health disorders are often called “invisible” but mental health is not. Join us in making a visible difference in our community as we Sweep Away Stigma.

The Clubhouse will provide everything you need to participate.
APPLICATION FOR MEMBERSHIP
NAMI CONTRA COSTA
Make check payable to NAMI Contra Costa
Complete this information and please return to:

NAMI Contra Costa
2151 Salvio Street
Suite V
Concord, CA, 94520
Phone: (925) 465-3864
Email: xnamicc@aol.com

Name ____________________________________________
Address _________________________________________
City _________________ Zip ________________
Phone _________________ Cell ________________
Email Address: ________________________________

□ Renewal    □ New Member
□Open Door $ 5  □General Membership $40

DONATION FORM
Amount ___________ . Mail to:

Treasurer, NAMI Contra Costa
2151 Salvio Street, Suite V
Concord, California 94520
Phone: (925) 465-3864
Email: xnamicc@aol.com

Note: Tax ID #68-0209474
(No goods or services have been received from the following donor or donors)

Name ____________________________________________
Address _________________________________________
City _________________ Zip ________________
Phone _________________ Cell ________________
Email Address: ________________________________

Questions About Mental Illness?
Crash Course
Every Wednesday
Email: xnamicc@aol.com

3rd Monday Support Group
April 15, 2018 7:00 p.m.
John Muir Medical Center
Walnut Creek
Epstein Meeting Room
Basement Area (See page 2)
Email: xnamicc@aol.com