**SPECIAL Mental Health Awareness Month EDITION**

**ANNUAL NAMI IN MOTION 2023— SATURDAY, MAY 27, 2023**

Countywide Mental Health AWARENESS Resource FAIR & FUNDRAISER
An interactive day for all ages & interests
Todos Santos Park 2175 Willow Pass Road Concord, 9 a.m.—Noon

In recognition of May as Mental Health Awareness Month, please join NAMI Contra Costa on Saturday, May 27th, 2023, from 9 a.m. to noon for our Annual NAMI IN MOTION Community Resource Fair. This event will be held at Todos Santos Plaza in Concord, CA. Community partners will join us in sharing mental wellness resources which will include information about the various county programs and how they support those impacted by Mental Illness. Come and explore the resources!

This mental health awareness, stigma reduction event will be family-friendly and include a stroll for health, live music, dancing, snacks, awards, raffle prizes, interactive vendors and booths, and a kid’s fun zone with activities for children of all ages. We will also have a releasing of doves for those who have lost loved ones living with mental illness. For more information contact Gigi Crowder at 510-990-2670/gigi@namicontracosta.org. Visit www.namicontracosta.org for more information.

**SUBMIT YOUR 2023 CHANGE AGENT AWARD NOMINATIONS**

For Individuals/Organizations Making an Extraordinary Difference in Improving Mental Health Outcomes
To be Announced and Celebrated at NAMI CC’s Mental Health Awareness Month General Meeting on May 18, 2023

In honor of Mental Health Awareness Month, NAMI CC will hold its 4th Annual Community Change Agent Appreciation Awards at our General Meeting on May 18, 2023. It will be another special event as many NAMI CC community members, family and friends gather for recognition of their outstanding contribution in improving mental health outcomes for our residents of Contra Costa. Thank you for all you do in the mental health community and for all who will join us in celebrating this memorable event!

**CHANGE AGENT AWARD CATEGORIES:** SOCIAL JUSTICE, VETERANS AWARD, EDUCATOR, ADULT MOVER AND SHAKER, AGENCY, ELECTED OFFICIAL, FAITH-BASED CHURCH, FAITH-BASED LEADER, VOLUNTEER, LAW ENFORCEMENT AGENCY, REDUCING DISPARITIES CHANGE AGENT, YOUNG MOVER AND SHAKER, FAMILY MEMBER, and MEDIA.

**NAM CC HOSTS STUDENT AMBASSADORS**

Meet Micah! Blessed to be able to identify and hire several Mental Health Student Ambassadors from the eastern part of the county. The 10 young people were funded to hire will assist NAMI CC with eliminating mental health stigma on school campuses as we End the Silence! We are excited about offering an opportunity to hire Student Mental Health Ambassadors this Summer. Students will work with NAMI Contra Costa closely to make a video for the upcoming May, Mental Health Awareness Month, promoting the importance of mental health and removing the stigma. As well as celebrating each ethnicity and culture combined with mental health. To be eligible you must first take our “Ending the Silence” training and join our Mental Health Awareness Month Video Campaign. All of the applicants need to create a video that is 3-5 minutes which highlights the importance of understanding Mental Health and promotes awareness and reduces stigma.

**NAMI CC AAPI HERITAGE MONTH COUNTY SUPERVISORS CELEBRATION**

NAMI CC AAPI Team created a culturally reflective video and presented it to the county and received a Proclamation honoring May 2023 as AAPI month.
### NAMI CC Support Groups—Offered by Zoom

<table>
<thead>
<tr>
<th><strong>NAMI CC Warm Line</strong></th>
<th><strong>Spanish Support Group</strong></th>
<th><strong>African American Family Support Group</strong></th>
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<tbody>
<tr>
<td>(925) 942-0767</td>
<td>Time: 2nd &amp; 4th Mondays, 6:30 - 8:00 p.m.</td>
<td>Time: 4th Wednesday, 7:00 p.m. - 8:00 p.m.</td>
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<tr>
<td></td>
<td>Meeting ID: 884 0465 4057</td>
<td>Meeting ID: 863 0852 3473</td>
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<tr>
<td></td>
<td>Passcode: 467842</td>
<td>Contact: Gigi Crowder, (510) 990-2670</td>
</tr>
<tr>
<td></td>
<td>Contact: Gerardo Peniche or Mariela Acosta</td>
<td>E-mail: <a href="mailto:Gerardo.peniche@namicontracosta.org">Gerardo.peniche@namicontracosta.org</a></td>
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<thead>
<tr>
<th><strong>Connection Support Group</strong></th>
<th><strong>AAPI/Mandarin Family Support Group</strong></th>
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<tbody>
<tr>
<td>Time: Every Wednesday/Friday</td>
<td>Time: 1st Tuesday 5:30-6:30 p.m., 3rd Sunday 3:00-4:30 p.m.</td>
</tr>
<tr>
<td>7:00 p.m. - 8:30 p.m.</td>
<td>Meeting ID: 990 6004 9476</td>
</tr>
<tr>
<td>Meeting ID: 917027</td>
<td>Contact: Shelly Ji</td>
</tr>
<tr>
<td>Contact: Nancy Bolcerek</td>
<td>E-mail: <a href="mailto:Shelly@namicontracosta.org">Shelly@namicontracosta.org</a></td>
</tr>
<tr>
<td><a href="mailto:Nancybolcerek@namicontracosta.org">Nancybolcerek@namicontracosta.org</a></td>
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<tr>
<th><strong>AAPI Transitional Age Youth Support Group</strong></th>
<th><strong>Men’s Support Group</strong></th>
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<tbody>
<tr>
<td>Time: Every Saturday, 6:00 p.m. - 7:30 p.m.</td>
<td>Time: 2nd &amp; 4th Tuesday, 7:00 p.m. - 8:00 p.m.</td>
</tr>
<tr>
<td>Zoom Meeting ID: 861 9019 9549</td>
<td>Meeting ID: 930 9814 2482</td>
</tr>
<tr>
<td>Contact: Leo Li</td>
<td>4th Saturday: 946 1602 2036</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:Leo.li@namicontracosta.org">Leo.li@namicontracosta.org</a></td>
<td>Passcode: 449069</td>
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<tr>
<th><strong>Transitional Age Youth Support Group</strong></th>
<th><strong>The Parent Connection</strong></th>
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<tbody>
<tr>
<td>Time: Every Monday, 6:00 p.m. - 7:30 p.m.</td>
<td>Time: 2nd &amp; 4th Monday, 8:00 p.m. - 9:00 p.m.</td>
</tr>
<tr>
<td>Meeting ID: 824 8157 2895</td>
<td>Meeting ID: 851 3436 1113</td>
</tr>
<tr>
<td>Contact: Leo Li</td>
<td>4th Monday: 924 4351 8216</td>
</tr>
<tr>
<td>Email: <a href="mailto:Leo.li@namicontracosta.org">Leo.li@namicontracosta.org</a></td>
<td>Contact: Susan Horrocks</td>
</tr>
<tr>
<td></td>
<td>E-mail: <a href="mailto:susanm@namicontracosta.org">susanm@namicontracosta.org</a></td>
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<tr>
<th><strong>Peer Dual Diagnosis Support Group</strong></th>
<th><strong>NAMI CC CalHope Warm Line</strong></th>
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<tbody>
<tr>
<td>Time: Every Tuesday, 5:30 p.m. - 6:30 p.m.</td>
<td>Offering non-clinical crisis services to AAPI language speakers and African Americans during COVID-19.</td>
</tr>
<tr>
<td>Meeting ID: 881 7596 8797</td>
<td>AAPI: 510-649-5565</td>
</tr>
<tr>
<td>Contact: Greg Beckner or Ashley C</td>
<td>African American: 925-465-3864</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:greg.beckner@namicontracosta.org">greg.beckner@namicontracosta.org</a></td>
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<tr>
<th><strong>Family Support Group</strong></th>
<th><strong>Men of Wellness &amp; Men of Faith Support Group</strong></th>
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<tbody>
<tr>
<td>Time: 1st &amp; 3rd Monday, 7:00 p.m. - 8:30 p.m.</td>
<td>Time: 2nd Wednesday of the Month, 7:00 p.m.</td>
</tr>
<tr>
<td>Meeting IDs: 1st Monday: 983 9317 0658</td>
<td>Meeting ID: 930 9814 2482</td>
</tr>
<tr>
<td>3rd Monday: 983 4603 3191</td>
<td>Passcode: 585218</td>
</tr>
<tr>
<td>Contact: Michele O’Keefe</td>
<td>Contact: Eddie Morris or Alfonzo Edwards</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:Michele@namicontracosta.org">Michele@namicontracosta.org</a></td>
<td>E-mail: <a href="mailto:eddie.m@namicontracosta.org">eddie.m@namicontracosta.org</a> or <a href="mailto:alfonzo.edwards@namicontracosta.org">alfonzo.edwards@namicontracosta.org</a></td>
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<tr>
<th><strong>Writer’s Group</strong></th>
<th><strong>Conexiones</strong></th>
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<tr>
<td>Time: 2nd Saturday, 10:30 a.m. - 12:00 p.m.</td>
<td>Time: Every Thursday, 6:30 p.m. - 8:00 p.m.</td>
</tr>
<tr>
<td>Zoom Meeting ID: 882 5045 6006</td>
<td>Meeting ID: 882 5045 6006</td>
</tr>
<tr>
<td>Contact: Juan Soria</td>
<td>Contact: Juan Soria</td>
</tr>
<tr>
<td>Email: <a href="mailto:juan.soria@namicontracosta.org">juan.soria@namicontracosta.org</a></td>
<td>Email: <a href="mailto:juan.soria@namicontracosta.org">juan.soria@namicontracosta.org</a></td>
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<tr>
<th><strong>Older Adults</strong></th>
<th><strong>Mental Health Crash Course—Virtual Orientation</strong></th>
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<tr>
<td>Time: 2nd &amp; 4th Mondays, 6:00 p.m. - 7:00 p.m.</td>
<td>Time: Every Wednesday, 6:00 p.m. - 8:00 p.m.</td>
</tr>
<tr>
<td>Meeting ID: 2nd Monday: 894 3849 7301</td>
<td>Meeting ID: 964 0515 7044</td>
</tr>
<tr>
<td>4th Monday: 889 6810 7425</td>
<td>Contact: Michele O’Keefe</td>
</tr>
<tr>
<td>Contact: Michele O’Keefe</td>
<td>E-mail: <a href="mailto:Michele@namicontracosta.org">Michele@namicontracosta.org</a></td>
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We are thrilled to hear that Assemblymember Luz Rivas (San Fernando Valley), Chair of the Assembly Select Committee on the Nonprofit Sector, and now Senator Monique Limón (Santa Barbara), Chair of the newly formed Senate Select Committee on the Nonprofit Sector along with the California Association of Nonprofits (CalNonprofits) invited legislators and honorees to a celebratory luncheon on California Nonprofits Day on Wednesday, June 7th, 2023. We are invited to join the California Nonprofits Day luncheon in Sacramento on Wednesday, June 7th from 11:30am to 1:00pm on the Capitol Grounds. Honoree Staff guests Gigi Crowder and Ashley Ciullo are excited about this honor and will be attending the luncheon. Our party will be seated with our legislator (or staff that may be attending on their behalf). Before the luncheon, we will have an opportunity to take a photo with our legislator in front of the Capitol.

As you know, we are just one of many nonprofits that contribute to our communities. In addition, it’s noteworthy that:

- California nonprofits generate $260 billion in total economic activity every year, producing more jobs than the real estate, finance or construction industries.
- California nonprofits rank as the fourth largest private employer sector in California and account for 15% of the state’s GDP.
- California’s nonprofits bring $40 billion into the state each year from out-of-state.
- There are 72,000 nonprofits in California, of which 50,000 are all-volunteer organizations.
- CalNonprofits proudly sponsors this important celebration of nonprofits and our collective impact. CalNonprofits is a statewide “chamber of commerce” for nonprofits with more than 10,000 members, working with legislators and government agencies at all levels, educating nonprofits on compliance with laws and regulations, conducting economic research on nonprofits and foundations, fostering volunteerism, and more.

NAMI Contra Costa’s Mission Statement:
Our Mission is to provide support, outreach, education and advocacy to families affected by and individuals living with a mental illness.
MARCH CRAB FEED FUNDRAISER A SUCCESS

NAMI CC’s Not Your Typical Crab Feed Fundraiser was a great success! The time, talent and treasure provided by staff members, volunteers, consultants, board members, and community members is so inspiring. Thank you to all who show up for NAMICC!

Friends and Family of NAMI Contra Costa showed up BIG March 4, 2023 as we raised funds for mental health support, education, outreach, advocacy and awareness through our resources. We met at the Pleasant Hill Senior Center and dined in to enjoy the incredible crab centered entrée and side dishes, salad, pasta and shrimp catered by Olde Town Catering and the bar hosted flowing drinks all evening as we raised funds and danced the night away listening to the Chris Cole Band play live. We also celebrated and honored our former President Charles Madison with a special Hallmark video greeting card and cupcakes. Dave Clark made an entrance as he introduced our extraordinary Executive Director Gigi Crowder and she warmly welcomed us as we participated in the night filled with a silent and live auction. Thank you to our many corporate sponsors and donors who made this event possible, and for the Staff, volunteers and Board of Directors who prepared the evening of family fun. The building was filled with over 200 NAMI CC members, community partners including the Connections House, and other friends and many supporters. Thank you for helping Fund a Need to execute our various essential life changing programs and services for the community and please practice and enjoy your well deserved self care with the amazing auction items this year!!!

RETURNED TO IN-PERSON MEETINGS SINCE APRIL: CONNECTIONS SUPPORT GROUP

Weekly, Tuesday evenings from 7-8:30 p.m. Location: NAMI CC Office

NAMI Connections is a free, confidential weekly recovery support group. We share stories, help each other manage understanding and strategize coping for life situations, connect with words of encouragement together and have hopes for the future, building strength in numbers.

The group provides an ongoing opportunity to discuss the challenges of living with mental illness and techniques for maintaining wellness. Sometimes it’s just nice to know that you are not alone.

Contact Facilitator Nancy Bolcerek at 925-826-8433 or nancybolcerek@namicontracosta.org.

MAINTAINING PURPOSE THROUGH SELF-CARE:

♦ Pleasure — This is different for different people. We may need to experiment to find out what experiences and activities we enjoy.

♦ Accomplishments — We feel good when we complete a challenge, learn a new skill, make something or reach a goal.

♦ Personal Values — Each person has some rules or guiding principles that describe what a good person does and doesn’t do. These may come from our family, our own experiences, our culture or our own spiritual beliefs.

♦ Personal Strengths and Goal Setting — Focusing on strengths rather than weaknesses and overcoming challenges. Creating a vision board for the future despite the odds against you.

♦ Being Kind to Ourselves and Others — It goes a long way! An act of kindness a day can boost your immune system and provide fulfillment.

JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH

Each year, millions of Americans face the reality of living with a mental health condition. Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, culture, race, ethnicity and sexual orientation can make access to mental health treatment much more difficult.

In many communities, these problems are increased by less access to care, cultural stigma and lower quality care. Taking on the challenge of mental health conditions, health coverage and the stigma of mental illness requires all of us.

National Minority Mental Health Awareness Month begins Saturday, July 1, offering an opportunity to civic leaders and national and local media to spotlight mental health issues affecting the African American, Asian American and Pacific Islander, Latino and Native American communities.

America’s entire mental health system needs improvement, including when it comes to serving marginalized communities. When trying to access treatment, these communities have to contend with:

♦ Language barriers
♦ A culturally insensitive system
♦ Racism, bias and discrimination in treatment settings
♦ Lower quality care
♦ Lower chance of health care coverage
♦ Stigma from several angles (for being a minority and for having mental illness).

We can all help ignite change against these disparities and fight stigma this Minority Mental Health Awareness Month. It simply starts with learning about mental health and informing your community.

Contact Facilitator Nancy Bolcerek at 925-826-8433 or nancybolcerek@namicontracosta.org.
CALHOPE WARM LINES

NAMI CC AAPI CallHOPE Warmline
510-649-5565
calhopecoconnect.org

About Our Services
NAMI Contra Costa Asian and Pacific Islander (AAPI) team is approved by the California Department of Health Care Services to provide mental health counseling services to the AAPI community under the CallHOPE program.

CallHOPE aims to build community resiliency and help people recover from disasters through free outreach, crisis counseling, and support services. We provide resources and information to help people find their way through difficult times.

Our Peer Support Team and Family Support Team are comprised of Asians with a wide variety of lived experience as patients and family members with specific experiences providing non-clinical support designed to support peers, families and communities. We also serve the community through specific support groups and classes.

CalHOPE Support Groups:
• Chinese Family Support Group
• Transitional Age Youth Mandarin Support Group
• Mandarin Connection
• Family to Family and Basics

CallHOPE Warm-line for African Americans at NAMI Contra Costa
925-465-3864
calhopecoconnect.org

About Our Services
This is Contra Costa County’s first African American-Centered Non-Clinical Support Program Designed to Support Peers, Families and the Community. Utilizing lived experience, African-centered approaches, and community-defined strategies

We have a team of trained peer counselors and family advocates with a wide variety of lived experience as African Americans who have: navigated their own path living with mental illness, supported loved ones, survived being incarcerated with mental illness, faced discrimination in local schools, served our country and are familiar with the VA system, experienced the heavy toll racism takes psychologically and physically

CallHope Support Groups:
• Faith-Focused Grief Support Group
• Living with Purpose Support Group
• African American Family Support Group
• Men of Wellness & Faith Support Group
• Family & Friends of Incarcerated Individuals Support Group

NAMI CONTRA COSTA
FAITHNET AND “LEAVE NO ONE BEHIND” HOST A HEARTY MEAL

A time of fellowship and promoting hope for those who live beneath stars and treats for your best friends

When: 2:00 p.m. Every 2nd Sunday of the Month

Location: Corner of A Street and E. 6th Street
Antioch, CA 94509 "Tom's Field"

Contact: Pastor Alfonzo Edwards 925-435-8874

NAMICON 2023 REGISTRATION IS HERE!

This annual conference is a celebration of all the unique and important voices—including yours—that are dedicated to positive change in the mental health space. Join us May 24-27 in Minneapolis and online June 6-8.

NAMICOn will energize, inspire and educate you. It’s a movement that converges a passionate network of advocates, researchers, allies and many others—and above all, it’s an inclusive community that creates space for meaningful connections.

Stay connected to learn more about speakers and sessions within our six dedicated themes in the coming weeks:
• Youth and Young Adult Mental Health
• Culture and Identity in Mental Health
• Crisis Response and Intervention
• Innovations in Research and Treatment
• Workplace Mental Health
• Best Practices for State Organizations and Affiliates

Let’s get excited for a dynamic, inspiring personal and professional experience together at NAMICOn. Can’t wait to see you in Minneapolis and online!

TESTIMONIAL THANK YOU LETTER FROM ANONYMOUS NAMI CC FAMILY MEMBER

I was not familiar with mental illness until beautiful son had a psychotic break right after graduation at the age of 17. He was already seeing a therapist for depression and I thought that was it, you see a doctor, you take the medicine, and you are better. 1 + 1 = 2, right? Sadly. No. When I was introduced to NAMI by the nurse at the ER department, I was in denial. With time and how the illness took over my son’s mental health, it took me down a path of depression, shock and I felt so isolated. I couldn’t count on family or friends for support and only a few understood but didn’t really, since they were not exposed.

As time passed, I needed support, guidance, and answers. That is where NAMI came in. I took the Family 2 Family course, I went to the Crash course several times and I met some wonderful people who understood. I didn’t have to explain, defend, or even talk into detail, they understood the pain, challenges and struggles and was there to whole heartedly give love and support.

NAMI was there for me when I needed them with the resources from the monthly meetings, the many support groups for parents that are caring for their adult children and peer support groups for our love ones when they are ready and they want to seek help. I am now a volunteer at NAMI Contra Costa and don’t want any parent to feel isolated, they don’t have to walk this journey alone.

COMMUNITY PARTNERS SOFTBALL TOURNAMENT

Let us know if you’d like to be added to our team to play softball at the Community Partners Softball Tournament coming up! Friday, June 9, Willow Pass Park, 9:30-4:00 pm.
Email: kayderrico@comcast.net.
FAMILY TO FAMILY EDUCATION COURSE

Family to Family Education Course is a free series of classes that cover the symptoms and treatment of major mental illness, as well as skills to help family members and friends communicate with, and advocate for, their loved one more effectively. Our new curriculum is presented once a week for eight weeks. For information and course registration contact Marie Kamali, Family to Family Education Program Coordinator: fam2fam4u@gmail.com.

For information and course registration contact Gerardo Peniche, Familia a Familia Education Program Coordinator: latinx@namicontracosta.org, (925) 765-9980.

CONGRATULATIONS SPRING 2023 NAMI CC BASICS CLASS

Basics concluded its series of sessions Saturday, Feb. 25, 2023. It was a hybrid class. We had 14 participants. NAMI CC Board Member Barbara Scott was our guest speaker. She presented excellent ideas regarding how to get the best help from the school and health systems. NAMI Basics is a 6-session educational program for parents, family members and caregivers of children and adolescents, ages 5-22, who are experiencing behavioral and emotional difficulties.

NAMI PEER-TO-PEER RECOVERY EDUCATION PROGRAM GRADUATION

Peer to Peer Graduation was held recently at the NAMI CC office. We had a great course and the students were happy to receive their certificates, socialize with new friends and enjoy some pizza at the party while being one step further along in their recovery journeys. Some students have already signed on to become volunteers and stay active within the NAMI CC community of peers, helping others with their own lived experience. Congratulations graduating class of Spring 2023.

NAMI CC PARTICIPATES IN MENTAL HEALTH TABLING EVENTS

Supporting Our Veterans:

On Thursday, March 16, 2023, NAMI CC participated in the VA PRRC (Psychosocial Rehabilitation and Recovery Center) Resource Fair & Open House at the Martinez VA Medical Center. The VA PRRC is a transitional education center that’s inspires and assists Veterans to reclaim their lives by instilling hope, validating strengths, teaching skills, and facilitating community integration so Veterans can attain meaningful self-determined roles in the community.

Steven Smith, Barbara Howard, and Phil Arnold represented NAMI CC at this event to our Veteran community and to the VA staff. There was a high degree of interest in what NAMI CC represented as a viable resource.

With Steven and Phil both being Veterans of different eras, the “bridge of trust” was evident based on the sharing of common military lived experiences serving both state-side and abroad. A good conversation launch pad with our Veterans was a shared acknowledgement that all Vets had “written a blank check to our government” for it to do with us as they pleased in the interest of protecting our democracy. It was an honor for NAMI CC to serve those who have served.

Supporting the Youth:

On Feb 22th, NAMI Contra Costa TAY Team worked with NAMI on DVHS, bringing the Ending the Silence presentation to over 50 students at Dougherty Valley High School. During the ETS, Leo and Juan include topics of warning signs, facts and statistics and how to get help for themselves or a friend. With shared lived experience of Juan Carlos, students gain understanding of an often-misunderstood topic and help grow the movement to end stigma.

The students were very attentive to the Mental Health topics that were presented, and questions about peer relationships as well as acceptance were asked and answered. NAMI Contra Costa resources, information and sign ups were presented at a designated table after the speech portion of the event.
**BECOME A NAMI CC VOLUNTEER TODAY!**

Welcome to NAMI Contra Costa to people interested in volunteering four hours or more a month within the Family Support Network (FSN) on any of our supportive network committees. We would like to extend the invitation to get involved if you want to reach out and inspire hope and help to other families. Your lived experience can make a difference.

After becoming a volunteer, you initially will go through five training modules which will help you learn more about NAMI CC history, the behavioral health system in Contra Costa County, mental health and wellness, psychological disorders and multiculturalism.

Once your application is filled out, we can notify you when the upcoming trainings will start.

Committees available to volunteers in English, Spanish and Mandarin, and include Fundraising, Mental Health Advocacy, Conferences, Front Office and Administration, Database, Family Support, FaithNet, Crash Course Seminar, In Our Own Voice Speakers, Support Group Facilitator, Signature Programs Teacher, Social Media, Hospitality, Membership, and Transitional Age Youth Suicide Prevention.

Call the office at (925) 942-0767 or e-mail info@namicontracosta.org today to find the best fit for you. Our weekly volunteer meeting is bi-weekly on Thursdays at 5:30 p.m.

**Join Zoom Meeting:**
Meeting ID: 994 1308 8715
Passcode: 424905

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**NAMI DONATIONS**

- Janice Khalil
- J Goldberg
- Margaret Robbins
- Mary Schreiber
- Daniel Roemer
- Carl & Melinda Hall
- Mary Howard
- Puccinelli Family
- Tony Marin

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**In Memory of Bryan Humm**

Chris & Christina Humm

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**One DOLLAR can make a difference**

Donate Today
APPLICATION FOR MEMBERSHIP
NAMI CONTRA COSTA
Make check payable to NAMI Contra Costa
Complete this information and please return to:

Treasurer
NAMI Contra Costa
2151 Salvio Street, Suite V
Concord, CA, 94520

Name ____________________________
Address __________________________
City ___________ Zip ___________
Phone ___________ Cell ___________
Email Address _______________________ 

☐ Renewal  ☐ New Member
☐ Household $60  ☐ General Membership $40
☐ Open Door $5

DONATION FORM
Amount ___________ Mail to:

Treasurer, NAMI Contra Costa
2151 Salvio Street, Suite V
Concord, California
94520
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 _______________________ 

From:

NAMI Contra Costa
2151 Salvio Street, Suite V, Concord, CA, 94520
Phone: (925) 942-0767  Email: info@namicontracosta.org