



The NAMI Contra Costa Newsletter and e-newsletter are available on the web at:

[www.namicontracosta.org/newsletter.html](http://www.namicontracosta.org/newsletter.html)

Warm Line: (925) 465-3864 Office Number: (925) 942-0767

## **\*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 9am 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](mailto:gigi@namicontracosta.org). Visit [www.namicontracosta.org](http://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 it's 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.

### **NAMI 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

### NAMI CC Warm Line (925) 942-0767

A non-emergency hotline for anyone seeking emotional support, information, and/or linkage to community resources.

### Spanish Support Group

**Time:** 2nd & 4th Mondays,  
6:30 - 8:00 p.m.  
**Meeting ID:** 884 0465 4057  
**Passcode:** 467842  
Contact: Gerardo Peniche or Mariela Acosta  
E-mail:  
Gerardo.peniche@namicontracosta.org

### African American Family Support Group

**Time:** 4th Wednesday, 7:00 p.m. - 8:00 p.m.  
**Meeting ID:** 863 0852 3473  
Contact: Gigi Crowder, (510) 990-2670

### Connection Support Group

**Time:** Every Wednesday/Friday  
7:00 p.m. - 8:30 p.m.  
**Meeting ID:** 950 5621 9162  
**Passcode:** 917027  
Contact: Nancy Bolcerek  
Nancybolcerek@namicontracosta.org

### Writer's Group

**Time:** 2nd Saturday,  
10:30 a.m. - 12:00 p.m.  
**Meeting ID:** 835 9629 8943  
Contact: Margaret Netherby,  
E-mail: Mlnetherby@yahoo.com

### AAPI Transitional Age Youth Support Group

**Time:** Every Saturday, 6:00 p.m. - 7:30 p.m.  
**Zoom Meeting ID:** 861 9019 9549  
Contact: Leo Li  
E-mail:  
Leo.li@namicontracosta.org

### AAPI/Mandarin Family Support Group

**Time:** 1st Tuesday 5:30-6:30 p.m., 3rd Sunday 3:00-4:30 p.m.  
**Meeting ID:** 990 6004 9476  
Contact: Shelly Ji  
E-mail: Shelly@namicontracosta.org

### Conexiones

**Time:** Every Thursday,  
6:30 p.m. - 8:00 p.m.  
**Zoom Meeting ID:** 882 5045 6006  
Contact: Juan Soria  
E-mail:  
juan.soria@namicontracosta.org

### Transitional Age Youth Support Group

**Time:** Every Monday,  
6:00 p.m. - 7:30 p.m.  
**Meeting ID:** 824 8157 2895  
Contact: Leo Li  
Email:  
Leo.li@namicontracosta.org

### Men's Support Group

**Time:** 2nd & 4th Tuesday,  
7:00 p.m. - 8:00 p.m.  
**Meeting ID:**  
2nd Saturday: 930 9814 2482  
**Passcode:** 585218  
4th Saturday: 946 1602 2036  
**Passcode:** 449069  
Contact: Eddie Morris  
E-mail:  
Eddie.m@namicontracosta.org

### Older Adults

**Time:** 2nd & 4th Mondays,  
6:00 p.m. - 7:00 p.m.  
**Meeting ID:**  
2nd Monday: 894 3849 7301  
4th Monday: 889 6810 7425  
Contact: Michele O'Keefe  
E-mail: Michele@namicontracosta.org

### Peer Dual Diagnosis Support Group

**Time:** Every Tuesday,  
5:30 p.m. - 6:30 p.m.  
**Meeting ID:** 881 7596 8797  
Contact: Greg Beckner or Ashley C  
E-mail:  
greg.beckner@namicontracosta.org

### The Parent Connection

**Time:** 2nd & 4th Monday,  
8:00 p.m. - 9:00 p.m.  
**Meeting ID:**  
2nd Monday: 851 3436 1113  
4th Monday: 924 4351 8216  
Contact: Susan Horrocks  
E-mail: susanh@namicontracosta.org

### NAMI CC CalHope Warm Line

Offering non-clinical crisis services to AAPI language speakers and African Americans during COVID-19.

AAPI: 510-649-5565  
African American: 925-465-3864

### Family Support Group

**Time:** 1st & 3rd Monday,  
7:00 p.m. - 8:30 p.m.  
**Meeting IDs:**  
1st Monday: 983 9317 0658  
3rd Monday: 983 4603 3191  
Contact: Michele O'Keefe  
E-mail: Michele@namicontracosta.org

### Men of Wellness & Men of Faith Support Group

**Time:** 2nd Wednesday of the Month, 7:00 p.m.  
**Meeting ID:** 930 9814 2482  
**Passcode:** 585218  
Contact: Eddie Morris or Alfonso Edwards  
E-mail: eddie.m@namicontracosta.org or alfonzo.edwards@namicontracosta.org

### Mental Health Crash Course—Virtual Orientation

**Time:** Every Wednesday,  
6:00 p.m. - 8:00 p.m.  
**Meeting ID:** 964 0515 7044  
Contact: Michele O'Keefe  
E-mail: Michele@namicontracosta.org

## NAMI Contra Costa

National Alliance on Mental Illness

### OFFICERS:

**Susan Norwick Horrocks**, *Interim-President*

(925) 942-0767

[Susanh@namicontracosta.org](mailto:Susanh@namicontracosta.org)

**Barbara Scott**

*Interim First Vice President*

**David Kahler**, *2nd Vice President*

(925) 567-6109

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**Cri Campbell-Schine**, *Secretary*

[cashine@gmail.com](mailto:cashine@gmail.com)

**Treasurer Vacant**

### BOARD OF DIRECTORS

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Isabel Lara

Al Farmer

Charles Madison

Cri Campbell-Schine

Dale Brodsky

Don Green

Emeritus Board Members:

Kay Derrico Mark Cohen

Clare Beckner

#### Executive Director

Gigi Crowder

(510) 990-2670

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**Shelly Ji** API Programs

**Susan Horrocks** Membership

**Barbara Scott** Nominating Committee

**Marie Kamali** Family-to-Family

**Kimberly Wirtz** Database

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**Gigi Crowder** Faith Net Chair

**Kay Derrico** Outreach Committee

**Deborah Fruchey** IOOV

**Steve Sullivan** Librarian

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**Ashley Ciullo** Media Relations

Email: [info@namicontracosta.org](mailto:info@namicontracosta.org)

Website: [www.namicontracosta.org](http://www.namicontracosta.org)

Phone: (925) 942-0767

Newsletter Deadline:

20th of Each Month

Submissions to [Ashley@namicontracosta.org](mailto:Ashley@namicontracosta.org)

**NAMI Contra Costa has  
been Honored as the  
2023 Nonprofit of the Year!**



We are thrilled to hear that Assemblymember Tim S. Grayson has selected NAMI Contra Costa as a 2023 Nonprofit of the Year! Congratulations – we are among an exclusive group of nonprofits honored by California legislators for the great work we are doing in your community. The California Association of Nonprofits (CalNonprofits) will celebrate our work along with the work of other nonprofit honorees from across the state.

When anyone talks about delivering meals to seniors, inspiring people with music, protecting fresh water, educating children, championing the disadvantaged or underserved, speaking out for human rights, caring for animals . . . they are talking about work that nonprofits do, ” noted Jan Masaoka, CEO of the California Association of Nonprofits (CalNonprofits), which serves as a partner for this awards program. “California Nonprofit of the Year gives elected leaders the opportunity to shine a light on what nonprofits are accomplishing for the people in their districts and for everyone to appreciate the collective impact of nonprofits across our state.”

Nonprofit of the Year is an opportunity to celebrate the government nonprofit partnerships that support our economies and our communities. For the past eight years, legislators from across California have chosen a Nonprofit of the Year in their district in celebration of California Nonprofits Day, which is on June 7th this year.

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. 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](mailto: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.



## CALHOPE WARM LINES

**NAMI CC AAPI CalHOPE Warmline**  
**510-649-5565**

**calhopeconnect.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 CalHOPE program.

CalHOPE 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

**CalHOPE Warm-line for African Americans at NAMI Contra Costa**  
**925-465-3864**

**calhopeconnect.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

CalHOPE 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 Alfonso 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 convenes 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.

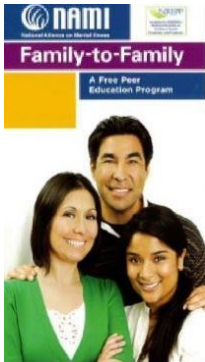
NAMI was there for me when I needed them with the resources from the monthly meetings, the many support groups for parents that are caring for their adult children and peer support groups for our love ones when they are ready and able to seek help. I am now a volunteer at NAMI Contra Costa and don't 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



1 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, .

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

Family to Family in Chinese/Mandarin. Contact Shelly@namicontracosta.org to register or for more information.

For information and to pre-register, go to our website, [www.namicontracosta.org](http://www.namicontracosta.org), Services tab, Family to Family, scroll down to NAMI CC Classes Registration Form and check mark Family to Family when you fill out your information.

## 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 stateside 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](mailto: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

## NAMI DONATIONS

If you lost a loved one, and would like to direct funds to NAMI Contra Costa, please contact Jo Fetterly at [jojac6996@gmail.com](mailto:jojac6996@gmail.com)

Janice Khalil

J Goldberg

Margaret Robbins

Mary Schreiber

Daniel Roemer

Carl & Melinda Hall

Mary Howard

Puccinelli Family

Tony Marin

## In Memory of Bryan Humm

Chris & Christina  
Humm



**Donation QR Code:**

Stamp

**To:**

**Brentwood Family  
Support Group**

**Time: Last Tuesday, 7:00 p.m.**  
 Contact: Laurel Howard-Fong  
 E-mail: lphfong19@gmail.com

**NAMI Basics  
OnDemand**

NAMI Basics onDemand is a free, 6-session online education program for caregivers of youth aged 22 or younger who are experiencing mental health symptoms.

Contact:  
 susanh@namicontracosta.org  
 Register: basics.nami.org

**Follow Us On Social Media!**



Facebook:  
 NAMI Contra Costa



Instagram:  
 @namicontracosta



Twitter:  
 @namicontracosta

**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