WOMEN’S HERITAGE MONTH

On Friday, April 29th, in honor of Women’s Heritage Month NAMI Contra Costa honored it’s Founding Mothers, Presidents and women who lead the foundation with a beautiful luncheon to celebrate their important contributions. We were joined by Marlene Weiss and Leone Cowden who shared the history of the organization. They received plaques and they reminded the 18 women in attendance the earlier struggles they (Continued on page 4)

May General Meeting

AWARDS NIGHT

On Thursday, May 16th at 6:00 pm NAMI CC will acknowledge May as Mental Health Awareness Month by using the Monthly General Meeting as their 1st Annual Mental Health Awards and Appreciation Dinner. We will honor individuals who have made significant contributions toward improving the lives of those impacted by mental illness. Amongst those being recognized are Gloria Hill, Warren Hayes, Lisa Bruce, (Continued on page 5)
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.

The Crash Course
A comprehensive orientation to the resources in Contra Costa to help with recovery EVERY Wednesday night Doors open at 5:30 pm The Presentation Begins at 6:30 pm 2151 Salvio St. Concord, Suite 201, 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 Ria Road, Lafayette (in The Temple Torah Center, Room 8204)
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—10:00 to 12:00 Noon DCBC, 2278 Camino Ramon, San Ramon, CA 94583 Contacts: Shelly 925-238-6286 mandarin@namicontracosta.org

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 Melvin 925-899 0862

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 Dunville Blvd., Alamo, CA 94507 Karen Scalzi: (925) 820-7495 or kscalzi@comcast.net

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

SPANISH LANGUAGE FAMILY SUPPORT GROUP—PITTSBURG
1st Thursday each month 7:00-8:30 pm Faith Based-ALL Welcome! Church of the Living God 1125 Harbor St. Pittsburg Veronica. 925-250 4632

NAMI CONNECTIONS
Support Group for Families and Consumers EVERY Wednesday 6:30-9:00 pm, John Muir Behavioral Health Center 2740 Grant St. Concord, Classroom B reina@namicontracosta.org 925-798 9660
PRESIDENT’S COLUMN

We have several important meetings coming up that we all should be aware of and attend if possible.

On Friday, April 26th the Assisted Outpatient Treatment Workgroup will meet from 10 am to 11:30 at 50 Douglas Dr. in Martinez. We will be given updates on the program’s progress and there will be an opportunity for comment.

On Wednesday May 22nd there is an important meeting with the Contra Costa County Planning Commission in Martinez. This is regarding Dr. Braveman’s application for permit for an adult residential facility at 2181 Tice Valley Blvd. in Walnut Creek. This treatment facility is critical for individuals living with a mental illness, to receive services in their county.

For more information on these meetings, call the NAMI CC office.

I want to thank Gigi Crowder and Graham Wise-man for making an appeal to the Danville Children’s Guild who were looking for a charitable organization that services children. As a result NAMI CC was awarded a $50,000 grant that will assist us with enhancing our youth focused programs.

The General Meeting on April 18th featured an informative and passionate presentation by Graham Wise-man. Graham’s program provided coaching considerations for parents and children struggling with stress, anxiety and depression.

The very best to all and remember everyone counts.

Newsletter Deadline:
20th of Each Month
MEMBERSHIP DRIVE

Our volunteer Membership Committee members, Clare Beckner, Kim Wirtz, Jo Fetterly and Susan Norwick Horrocks, are working very hard to keep all records current. You can help by renewing at least 1 month before your membership expires. Check this newsletter mailing label for your renewal date.

Renew on our website, www.namicontracosta.org or mail a check:
Treasurer
NAMI CC
2151 Salvio St., Suite V
Concord, CA 94520

Choose the Annual Dues category that fits your family.
$60 - Household
$40 - Regular
$5 - Open Door - No questions asked.

WOMEN’S HERITAGE MONTH

(Continued from page 1)

when faced advocating for their loved ones living with mental illness. Others in attendance spoke of when they joined and the eventual need for us to join NAMI National and gain more bandwidth being recognized as a NAMI Affiliate in November 1999.

Come by our offices and see our Photo Gallery/ Woman’s Hall of Fame.

NAMI CALIFORNIA Annual Conference

May 31—June 1, 2019
Newport Beach, CA

Keynote speaker: Chamique Holdsclaw, Mental Health Advocate. Former player in the Women’s National basketball Association.

Also:
Wayne Drevets, M.D. member of the Scientific Council.
PEER TO PEER SPRING CLASS ANNOUNCED

What: a free, weekly, 8-week course for adults living with mental illness; taught by NAMI certified mentors living in recovery themselves.

Where: Antioch. For address, see contact information below.

When: Spring, weekly schedule to be announced.

Reservations (required) and information:

Lisa Bruce (Lead)

lisa@namicontracosta.org

Mae 415.652.9832

Carla 925.518.2758

SAVE THE DATE

October 10 & 11, 2019

“Spirituality: A Cornerstone in Building Mental Health Friendly Communities”

The California Mental Health and Spirituality Initiative presents its Northern Region Statewide, “third of a kind” conference with keynote speakers, panels, and workshops featuring diverse cultural communities.

Location: Walnut Creek Presbyterian Church, 1801 Lacassie Ave., Walnut Creek, CA 94596

Watch for more information.

Contact: Gigi Crowder, 510.990-2670

gigi@namicontracosta.org

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gigi@namicontracosta.org

May General Meeting

AWARDS NIGHT

(Continued from page 1)

AI and Susan Farmer, Victor Montoya, Dr. Mujahidun Sumchai, Supervisor Diane Burgis and Dave, “Mr. NAMI” Kahler.

Space is limited so please RSVP:

Gigi Crowder

gigi@namicontracosta.org

by 5/12 to reserve your seat.

The dinner will begin at 6:00 pm and the General Meeting will be at 7:00 pm.
NAMI Basics
IN ANTIOCH
Class Begins May 13.
Pre-register NOW!

NAMI Basics is a free class for parents or family members with children, ages 5-22 having emotional and or behavioral difficulties. Topics covered include mental health, communication, dealing with school and health professionals, record keeping, treatment, resources, and self care.

Six Monday morning sessions beginning:
May 14. Six Tuesdays
11:00 AM – 1:00 PM
Pre registration required.
Email Susan at susanh@namicontracosta.org

NEW SUPPORT GROUP
Horizon Mental Health

Join us for a cup of morning coffee a snack and a friendly chat.

1st and 3rd Mondays
9:30 AM – 11:00 AM
Our Savior’s Lutheran Church
1035 Carrol Lane
Lafayette, CA 94549

GENERAL MEETING
The April, 2019 General Meeting
April 18, 2019

The featured speaker at the April General Meeting was Graham Wiseman who coaches parents and kids struggling with stress, anxiety and depression.

The turnout was the largest in recent memory. The title of the talk was “More Than Sad.”

Graham lost his young son, Colin, to suicide. Topics discussed included warning signs, resources available and tips for the teen mental health including social media strategies. When to know if “just a phase” is more than that.
He stressed the importance of parents making sure their kids know they are not just loved, but loveable.

Graham Wiseman works with the transitional Age Youth and has given many presentations throughout Contra Costa County. You may contact him at:
graham@namicontracosta.org
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.

Help is Here for Vets & Military Families

HOMEFRONT

HOMEFRONT is a free, 6 session class for family, friends and significant others of Military Service Members and Veterans. The class helps families comprehend what the Military Service Member/Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions. Topics covered include mental health, communication, handling crises, treatment and recovery.

Register on line.

Go to: NAMICONTRACOSTA.ORG
HomefrontOnline
Online classes meet weekly in a virtual classroom. You must have access to a laptop, PC or tablet with a stable internet connection to participate. Audio will be via telephone line.

Learn more about NAMI Homefront at www.nami.org or email namieducation@nami.org or call 703-STAND 24-7600.

STANDDOWN!

Help our Vets!
Volunteers are needed to help at our NAMI CC table at this year’s STAND DOWN in Antioch, Friday, Sept. 20 through Monday, Sept. 23. Call our office at 925-942-0767 to volunteer to help.

FAMILY ADVOCATE
Bob Thigpen
925-957 5139

robert.thigpen@hsd.cccounty.us,

Bob Thigpen is the County’s Family Advocate. You can talk directly with him at the Crash Course.

(925-676-5771)

Donations

Chevron Corporation-Al Farmer
The Benevity Community Impact Fund
Kaiser Permanente-Crab Feed Donation
Jo and Joe Macaluso
PG & E Community Fund
Barretta Family Foundation
Richard and Alice Kulka
Mark and Judy Cohen
Deanna Moser
Network for Good

Donation

Esmerald Bautista
“Thank you for Helping my Daughter”

NAMI DONATIONS

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(925-676-5771)
3rd Monday Support Group
May 20, 2018 7:00 p.m.
John Muir Medical Center
Walnut Creek
Epstein Meeting Room
Basement Area (See page 2)
Email: xnamicc@aol.com

General Meetings
May 16: Awards Night
June 20: Dr. Fung
July 18: Dr. Shryer
August 15: PG & E
Sept.: Barbara Mann
October 17: John Bateson

To:

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

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, California
94520

Name ____________________________________
Address ____________________________
City __________________ Zip ____________
Phone ________________ Cell ___________
Email Address ____________________________

□ Renewal □ New Member
□Open Door $ 5 428Su □General Membership

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)

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