



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)

You can get a copy of this newsletter and/or the e-News newsletter by emailing: [info@namicontracosta.org](mailto:info@namicontracosta.org)

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

**\*SPECIAL HOLIDAY EDITION\***

## NAMI CONTRA COSTA ANNUAL HOLIDAY VOLUNTEER APPRECIATION CELEBRATION



CELEBRATE THE 2022  
HOLIDAY SEASON WITH  
US!

Dec. 16, 2022, 3:00 p.m. - 6:30  
p.m.

KARAOKE, GAMES, AND  
DESSERTS

NAMI CC thanks you for all  
your hard work this year! Please  
bring a pair of socks for donation  
to the unsheltered on Christmas  
morning.

NAMI CC OFFICE  
2151 SALVIO STREET, SUITE V  
CONCORD, CA 94520

RSVP with  
[Shelly@namicontracosta.org](mailto:Shelly@namicontracosta.org)

## SAVE THE DATE: MARCH 4, 2023 CRAB FEED FUNDRAISER



**Invite Your Friends and Family**  
Also celebrating Former President  
Charles Madison's Birthday.

Pleasant Hill Senior Center  
233 Gregory Ln, Pleasant Hill,  
CA 94523

- ALL YOU CAN EAT
- Dungeness crab
- Silent Auction
- Corporate Sponsors
- Live Band

Hosted by Dave Clark, KTVU  
News Anchor

Tickets on Sale SOON!!!!  
\*Not your typical Crab Feed  
Fundraiser\*

All proceeds go towards NAMI  
Contra Costa programs and  
services.

If you would like to sponsor this  
event, contact Gigi Crowder at  
[gigi@namicontracosta.org](mailto:gigi@namicontracosta.org) or at  
510-990-2670.

## 2022 COMMUNITY PARTNERS HOLIDAY PARTY



NAMI Contra Costa joined  
the Community Partners for the  
2022 Community Partners  
Holiday Party at the Pleasant  
Hill Community Center on  
December 14, 2022 in  
collaboration with Contra Costa  
County Behavioral Health  
Services, Putnam Clubhouse,  
The Hume Center, Peer  
Connection Centers, John Muir  
Behavioral Health Services,  
BACS, Crestwood Healing  
Center, and The Office For  
Consumer Empowerment.

The schedule of the day  
consisted of Games & Holiday  
Activities, Catered Lunch,  
Music, Dancing, Dessert, and  
Raffle. NAMI Contra Costa  
hosted Bingo and 10 lucky  
winners received a gift card. We  
also distributed holiday gift bags  
to the Peers in attendance.

## 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.

### Connection Support Group

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

### 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

### 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

### Peer Dual Diagnosis Support Group

**Time:** Every Tuesday,  
5:30 p.m. - 6:30 p.m.  
**Meeting ID:** 829 0122 6666  
**Contact:** Ashley Ciullo  
**E-mail:** Ashley@namicontracosta.org

### 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

### 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

### AAPI/Mandarin Support Group

**Time:** Every 3rd Sunday,  
3:00 p.m. - 4:30 p.m.  
**Meeting ID:** 990 6004 9476  
**Contact:** Shelly Ji  
**E-mail:** Shelly@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

### 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

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

**Time:** 2nd Wednesday of the  
Month, 7:00 p.m.  
**Meeting ID:** 932 5929 0303  
**Passcode:** 585218  
**Contact:** Eddie Morris or  
Alfonzo Edwards  
**E-mail:** eddie.m@namicontracosta.org or  
alfonzo.edwards@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  
**E-mail:** gigi@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

### 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

### 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

### NAMI CC CalHope Warm Line

Offering non-clinical crisis services  
to African Americans during  
COVID-19.  
**Contact:** Naomi Gashaw  
**Phone:** (925) 765-9268  
**Naomi.gashaw@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:** Dave Kahler or Michele  
O'Keefe  
**E-mail:** dk122932@aol.com or  
Michele@namicontracosta.org

## **NAMI Contra Costa**

National Alliance on Mental Illness

### **OFFICERS:**

**Don Green, President**

(925) 942-0767

[don.green@namicontracosta.org](mailto:don.green@namicontracosta.org)

**Susan Norwick Horrocks**

First Vice President

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

**David Kahler, 2nd Vice President**

(925) 567-6109

[xnamicc@aol.com](mailto:xnamicc@aol.com)

**Mark Cohen, Emeritus**

[mark.cohen@namicontracosta.org](mailto:mark.cohen@namicontracosta.org)

### **BOARD OF DIRECTORS**

Barbara Scott	Clare Beckner
Al Farmer	Charles Madison
Chris Williams	Cri Campbell-Schine
Phillip Tze Lowe	Dale Brodsky
Isabel Lara	

Emeritus Board Members:

Kay Derrico Mark Cohen

### **Executive Director**

Gigi Crowder

(510) 990-2670

### **COMMITTEES:**

<b>Don Green</b>	Criminal Justice
<b>Shelly Ji</b>	API Programs
<b>Susan Horrocks</b>	Membership
<b>Barbara Scott</b>	Nominating Committee
<b>Nancy Seibert</b>	Family-to-Family
<b>Kimberly Wirtz</b>	Database
<b>Richard Derrico</b>	Behavioral Health Court
<b>Gigi Crowder</b>	Faith Net Chair
<b>Kay Derrico</b>	Outreach Committee
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<b>Douglas Dunn</b>	Political Advocacy
<b>Jo Fetterly</b>	Donations
<b>Ashley Ciullo</b>	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

## **PRESIDENT OF THE BOARD'S COLUMN**

*By Don Green*



So here we are, once again, in the month of holy days. Many religions have some kind of important holiday this time of year, which may partly reflect our natural concern, north of the equator, about spending so much time with so little daylight.

It is important for all of us to find a way, if at all possible, to take a break. During my vacation, I expect Internet connection to be generally very slow at best. So I am not planning to receive or respond to emails. Both my sweet spouse and my therapist have emphatically encouraged that decision, so this will be more of a vacation.

Anyway, this time of year I'm always drawn to appreciate that there is so much joy and sorrow in the world. COVID is not over. People are still being hospitalized and dying from it. However, I guess we have entered what is called the "endemic" phase.

Fortunately, enough people have been vaccinated,

and/or contracted it, that the rates of hospitalization and death are down. On the other hand, the prognostications for the flu season are that it's going to be especially bad. For some reason, more people have decided not to get the flu vaccine, saying they would rely on wearing masks, which many people are not wearing. And now there's a new, dangerous illness going around I know practically nothing about, which Google leads me to believe is called "Respiratory Syncytial Virus Infection" (RSV). In addition, we have Monkeypox virus, which apparently some people want to rename, and is quite serious, but for some odd reason, calling it "hMPXV" just doesn't roll right off the tongue. Plus, our political situation remains highly divisive, there's a terrible war going on and on in Ukraine.

For all of those reasons, I know that it is unlikely you will have a purely joyous holiday season. I urge you to hold onto as much joy and good human connections as you can during this dark time of the year. Please take care of yourself and those around you.



## **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.

## **SEPTEMBER SUICIDE PREVENTION AWARENESS MONTH 2nd ANNUAL "KNOW THE SIGNS. REMEMBERING THOSE WE'VE LOST" EVENT**

On the 17th day of Suicide Prevention Awareness Month in September NAMI Contra Costa hosted our 2nd annual "Know the Signs: Remembering Those We've Lost" event for the community in the East county of Antioch at the Contra Loma Regional Park during the earlier part of the morning when the sun was shining.

Alexi Lindeman's family helped plan this event again this year in remembrance of Alexi's sister, Andy. Our FaithNet coordinator, Greg Beckner, also introduced the compassionate engagement of diverse speakers talking through a lived experience lens, lifting the names of our loved ones lost to suicide, with a special emphasis on our youth. The Transitional Age Youth team members informed the crowd about strategic approaches NAMI CC uses to take action with suicide awareness and prevention and NAMI CC Executive Director Gigi Crowder took a heartfelt photograph with all the youth in attendance. Representatives from local schools shared the work they are doing within the NAMI On Campus Clubs. Antioch City Councilmember Monica Wilson shared actions she is taking toward improving outcomes for those living with or impacted by mental illness.

Prayers were spoken from multi-faith spiritual practices and doves were released in remembrance of our loved ones lost too soon. We raised awareness of the "Knowing the Signs" program and the new 988 Crisis Line. Everyone was there to spread love and hope. Alexi provided symbols of hope to attendees in the form of origami; there was a popular rock painting station; refreshments were available throughout the morning. Grief counselors were also present and available during the event for those who needed the help.

## **AB988 COMMUNITY CELEBRATORY EVENT DURING MENTAL HEALTH AWARENESS WEEK WITH NAMI CONTRA COSTA AND THE MILES HALL FOUNDATION**



On October 8, 2022, from 2 p.m. - 6 p.m., NAMI Contra Costa held its very anticipated AB 988 celebratory event at Todos Santos Park in the afternoon during Mental Illness Awareness Week. It was also our Executive Director Gigi Crowder and Lead Volunteer Coordinator Shelly Ji's 60th birthday weekend, so the recent signing of AB 988 proved perfect timing for NAMI CC to praise the accomplishment. The audience participation showed that our event was a time to gather together and build a bond as strong as family: a way to build numbers in promoting happiness, and friendship, with the similar interest of creating an inclusive and understanding mission and message of spreading mental health awareness.

This event was an important, historical benchmark in NAMI Contra Costa's work to help those living with or impacted by mental illness. Californians can expect a high-quality mental health crisis response system with Governor Newsom's signing of Assembly Bill 988, now staffed by a team of mental health professionals. In this county, the A3 Miles Hall Community Crisis Hub has already been established and is currently expanding in operation.

The Governor's signing of AB 988 changes mental health crisis calls responses, which

provides an immediate non-police response.

Gigi Crowder, our fearless leader, was there to celebrate the news as we have been a bold sponsor since the beginning of the Miles Hall tragedy. Right beside Gigi was Taun Hall of the Miles Hall Foundation, sharing her story of how her son, a loving African American young man, is now a hero to our system, our state and beyond.

The event hosted 988-themed cupcakes and an ice cream truck to provide 98-cent refreshments to the crowd and continue our work building community support for donations to the 988 campaign, which has already raised a meaningful amount to continue NAMI CC's work of education, support, outreach and advocacy of mental illness and health.

Many of us felt happy that we belong to a supportive community and that we are fighting for a good cause and are in the wellness and recovery part of our mental health journey.

Because of NAMI Contra Costa and our support systems and ability to make an impact, we feel very loved and our voices are represented and heard and can help through our lived experiences.

We listened to the healing music as a guest vocalist sang and also heard the voice of Gigi's niece, a spoken word poet. Thank you for continuously generously supporting NAMI Contra Costa, our effort is really making a big difference!

The majority of NAMI CC Board, Staff, and Volunteers attended and supported this event, all with smiles on their faces. The goal of the day was to connect and heal through music which the Daniel Parenti band grooved through our souls, and to bring a picnic lunch and lawn chairs to relax.

We prayed together, sang together, and laughed together. Most importantly, we supported each other and the evolving mental health movement. We as individuals felt a sigh of relief, aware that we can rest easier at night knowing that when our loved ones experience a mental health episode or crisis that our future is much safer: we will not be criminalized or killed due to our mental health condition and lack of appropriate resources.

NAMI Contra Costa is proud to see the fruits and accomplishments of our hard work over these years.



## **GIGI CROWDER RECEIVES THE CHANGEMAKER AWARD AT THE 12TH ANNUAL EAST BAY PHILANTHROPY AWARDS**



Gigi Crowder serves as the Executive Director of the National Alliance on Mental Illness (NAMI) Contra Costa. Under her leadership, NAMI Contra Costa is at the forefront of ensuring all those impacted by mental illness have a safe place to get support. Despite the barriers created by the COVID-19 pandemic, Crowder committed to ensuring no one is overlooked due to their ethnicity, culture, or mental health status.

Due to Crowder's work to enhance mental health services at NAMI Contra Costa, the organization has increased its capacity and now directly serves over 7,500 individuals and families a year. Gigi is also a regular speaker at the Board of Supervisors where she advocates tirelessly for Contra Costa County to fund programs that are inclusive, establishing better demographic representation and creating a sense of belonging for all residents.

Crowder is determined to guarantee those experiencing severe mental illness or a mental health emergency receive the most appropriate response, reducing their risk of further harm or criminalization. NAMI Contra Costa leads in these efforts and Co-Sponsored the Miles Hall Suicide Prevention and Lifeline Act, authored by Assembly member Rebecca Bauer-Kahan.

The act pushes for a non-law enforcement response to mental illness that will reduce harm and criminalization of mental illness. Crowder advocated to name the bill after Miles Hall, a 23 year old black man killed in Walnut Creek while experiencing a mental health emergency. This transformative bill has passed through the legislature and was signed into law by Governor Newsom in September.

Gigi Crowder has significantly increased quality, comprehensive support for those experiencing mental illness in Contra Costa County and in the state overall.

NAMI CC Staff, Board Members and Volunteers and Donors joined Gigi in achieving this award, and were deeply moved and humbled by the deep heartfelt respect we received for our work by other impactful non-profit organizations in the community. Gigi is NAMI Contra Costa's fearless leader, and her philosophies at the work of NAMI Contra Costa are ones to live, love and thrive by. Thank you.

## **FUNDRAISER: JOIN NAMI CC IN THE SUPPORTIVE EFFORTS TO CONTINUE THIS INDEPENDENT DOCUMENTARY FILM**

NAMI Contra Costa was joined by many community members on November 17, 2022 in the supportive efforts to continue the work of completing this important project: "No One Cares About Crazy People." We hosted a fundraising event for the film-in-progress, a feature independent documentary from the book by Ron Powers about the tragedy, crisis and chaos of severe mental illness in America – and a burgeoning national crusade to do something about it. We heard from Director/Producer/Writer Gail Freedman. If you couldn't attend and would like to advance this effort you can make a tax-deductible donation on the website: <https://noonecaresfilm.com/>.

"No One Cares About Crazy People" will use the power of storytelling as a tool for change – to help galvanize public discussion, awareness and action around our profoundly broken systems of care for those with serious mental illness. Making the movie is "just" Step 1. Through broad distribution of the film - augmented by a robust outreach, educational and audience engagement campaign - we aim to create a sustainable impact towards addressing the root causes of this crisis. Our film humanizes the face of serious mental illness (SMI) with a small cast of memorable characters, and lays bare the system's catastrophic failings with an emotional, as well as intellectual feeling. But equally important is the documentary's depiction of the ardent activism of an emerging coalition of comrades including Bay Area families – spearheaded by family members with the deepest stake – whose numbers and impact are on the rise. Their comprehensive, deeply informed "manifesto" is virtually a playbook for essential reform. This film can be another weapon in the arsenal and help advance a growing national movement. COVID has brought mental health challenges to the public's attention more than ever. But the sickest and neediest were just as desperate before, and their plight still receives scant notice. We aim to change that.

## **TESTIMONIAL FROM NAMI CC FAMILY MEMBER**

NAMI Contra Costa has been a second family to me. A family is someone one can rely on in time of need and in time of celebration. There have been many times in the last few years when I was scared, confused, grieving, lost, feeling utterly alone and terrified because I did not how to help my loved one who was spiraling into psychosis, and I would turn to NAMI CC, and they were always there. They would provide me with UNCONDITIONAL support (and strong hugs – pre-COVID), encouragement, direction, guidance, education, presence, advocacy, understanding, compassion and endless generosity. I can fill an entire page of all the ways that NAMI CC has been not only for my family and me but for countless families, and I know because I have met countless families through NAMI CC.

The dedication of the staff, combined with decades of personal and professional experience, makes NAMI, in general, an essential organization for any city and town in the U.S. However, NAMI CC has gone beyond anything I have seen anywhere else in the Bay Area. The people in and around that office on Salvio Street in Concord have created a hub where people, out of gratitude, are eager to donate their time, resources, experience and expertise. That's because NAMI CC is also hub where we come in search of a solid ground when we are thrown into a mental health crisis, or are exhausted from mental, physical, emotional and financial depletion that is often the result of caring for a loved one with mental illness in a world where mental illness is still so poorly understood and attended to, be it on familial, societal, institutional, educational, medical, judicial and governmental levels.

Rain or shine, a holiday or not, I have personally witnessed how NAMI CC has been an invaluable and essential resource, how the folks in NAMI CC reach out to, connect with, represent and advocate for all of Contra Costa County diverse communities and languages. It has educated me on how to walk in health the lifelong journey of caring for our loved one who has mental illness. Finally, NAMI CC also knows the importance of celebration, positivity and hope, so the folks at NAMI CC have made sure to incorporate celebrating life and each other into everything they do, and they do so with upbeat activities that bring smiles to our tired hearts.

-Anonymous

## CRASH COURSE'S 100TH ZOOM MEETING!

The Mental Health Crash Course's 90-minute seminar acts as an orientation to the mental health field. The Mental Health Crash Course began in February 2016 and has increased its time over the years to accommodate people's questions and needs. The Crash Course is given on Wednesday evenings every week of the year, including holidays. November 23, 2022 was our 100th Zoom meeting since COVID!

The Crash Course is a much welcomed sight to people looking for answers for crises in the mental health field. A loved one suffering from unwanted and unexpected symptomatic behavior leaves caretakers of loved ones suffering mental illness lost on what to do. That is where the Crash Course helps to bring these answers into focus as to how to get a mental health consumer the help they need. With the information provided from the perspective of what works, gives the parents or caretakers the much needed navigation to the mental health system, the know-how of what must be done, and who to contact when we have a loved one who refuses help.

With this introductory course to NAMI Contra Costa, and especially the mental health system, the Crash Course is a practical and reliable go to place that anybody can use to reach the success of a suffering loved one with a mental health crisis. You can get more information on our website,

**[www.mhcrashcourse.org](http://www.mhcrashcourse.org).**

The Mental Health Crash Course meets on Zoom every Wednesday at 6 p.m. Join the zoom meeting here.

**Meeting ID: 964 0515 7044**

## NAMI CC AAPI MENTAL HEALTH ADVOCACY PROGRAM UNDERWAY



In May 2022 the AAPI Coalition of Contra Costa County invited NAMI CC's AAPI team to begin work on a mental health advocacy program, specifically focusing on the mental health of the Chinese community, which is a major ethnic group in the Asian-American community. The project was sponsored by Regional Health Foundation.

The purpose of the program through the training sessions and advocacy activities is to promote mental health awareness in the Chinese community and the whole Asian American community. Another goal is to allow the policy makers to see and hear the needs of the community in mental health and the disparity and shortage in cultural responsiveness resources and services for people in this community. Lastly, the mission is to help to push the county to make improvements in the setting of relevant policies and resources.

NAMI CC's AAPI team took the major responsibilities of the program, from recruiting trainees, developing training curriculum, to organizing the training sessions and the presentation on the advocacy date (which is decided on Dec 10, 2022) to the County governors.

All who attended appreciated the team for the efforts and the speakers' courage to share their stories. The officers and leaders all expressed their support to racial equity, health equity and social justice, they hope to work together with the team and the CoCo AAPI Coalition to move forward to remove language barriers and provide more culturally responsive services. We are proud to be the team to make the project completed and make our voices heard by the officers. We look forward to the next-step actions!

## NAMI CC LATINX TEAM



Many reasons impede the LatinX community to find and get quality care and services in the community. Meet NAMI Contra Costa's LatinX Team - Gerardo Peniche - Lead LatinX Outreach Coordinator, Mariela Acosta - Lead Ending the Silence Coordinator, and Juan Soria - Transitional Age Youth Coordinator as well as part NAMI CC's LatinX team.

The LatinX team at NAMI Contra Costa (an affiliate of NAMI), is growing and currently is standing up NAMI signature programs in Spanish to provide the LatinX speaking community the mental health quality resources they need to help their loved one or themselves.

Gerardo and Mariela both have lived experience as family members who have a loved one who lives with a mental health condition. Juan Soria identifies as a peer individual living with a mental health condition.

The team provides support, outreach, advocacy, and education in a culturally responsive and effective way to the LatinX community, individuals or family members in Contra Costa County through teaching and facilitating many of the NAMI Signature programs which include; De Familia a Familia, Bases y Fundamentos, Grupo de Apoyo Familiar, Grupo de Apoyo "Conexiones," En Nuestra Propia Voz soon, De Persona a Persona.

By promoting, conducting outreach and connecting with other community-based organizations, NAMI CC LatinX team is able to recruit and retain volunteers who can eventually get certified by the Family Volunteer Support Network Modules which are given in a linguistically appropriate manner.

We also have our very own LatinX Team Warm Line, where you can connect directly with Gerardo, Mariela, or Juan at 925-765-9980 or via email at [latinx@namicontracosta.org](mailto:latinx@namicontracosta.org).

## BECOME A NAMI CC VOLUNTEER TODAY!



We welcome to NAMI Contra Costa 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 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)

Susan Horrocks and  
Keith J. Horrocks

Mary Schreiber  
Mary Howard

Ruth Goldenberg

Janice Khalil

Penny Terry

Linda Dunn

Sean Kleen (TAY)

Steven and Lynn  
Haggerty

Kathy Trujillo

Teresa Gleason

Friedman/Wiegand  
Giving Fund

Mark and Judith Cohen  
Family Fund

Dave Kahler

Gary & Jean Pokorny

### Company Donations

Macy's Inc.  
Kaiser Permanente

Motorola Solutions  
Foundation

2021 East Bay MUD  
campaign





**Donation QR Code:****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 or xnamicc@aol.com



Stamp

**Brentwood Family  
Support Group**

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

**To:**

**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