



May 2022 Mental Health Awareness Month Special Edition

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

www.namicontracosta.org/newsletter.html

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

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

**SAVE THE DATE!
SATURDAY, MAY 21
FROM 9 A.M. - 12 P.M.**

**ANNUAL NAMI IN
MOTION COUNTYWIDE
MENTAL HEALTH
AWARENESS RESOURCE
FAIR & FUNDRAISER**



In recognition of May as Mental Health Awareness Month, please join NAMI the National Alliance on Mental Illness Contra Costa on Saturday, May 21st from 9 a.m. to noon for our Annual NAMI In Motion Countywide Mental Health Awareness Resource Fair and Fundraiser.

NAMI Contra Costa is a 501(c)3 non-profit organization, tax ID 68-0209474, with a mission to provide outreach, education, support, and advocacy to families, individuals, and all those impacted by mental illness. We have assisted people and families affected by mental illness in Contra Costa for over 30 years via our free educational courses and support groups. Here is your opportunity to make a difference in Contra Costa County.

NAMI Contra Costa strives to build mental health friendly communities ... one city at a time. We have invited local businesses/clergies/agencies/organizations, etc. to

join our effort. Here are four of the commitments we hope you will embrace and we invite you to add your own with feedback from your employees: using people-first language, making mental health-friendly resources available, reducing stigma and discrimination, and offering paid wellness days.

This event will be held at Todos Santos Plaza (2175 Willow Pass Road Concord) 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! An interactive day for all ages & interests.

This mental health and social justice awareness, stigma reduction event will be family-friendly and include a stroll for health, DJ, live music, dancing, snacks, awards, raffle prizes, interactive vendors and booths, 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 Michele O'Keefe at (925) 689-4447/ michele@namicontracosta.org or Gigi Crowder at (510) 990-2670/ gigi@namicontracosta.org.

Visit www.namicontracosta.org for more information. Register to Participate in the Stroll or Simply Donate at: <https://secure.frontstream.com/nami-in-motion-2022> to ensure that NAMI CC can continue providing free resources. To volunteer visit <https://forms.gle/bYDfWULW8xbkzNK69>.

Through your partnership and financial contribution with us this year, we can continue to provide the resources and support to those with mental health needs and their communities.

**JOIN NAMI CC'S
COMMITMENT TO
BUILDING MENTAL
HEALTH FRIENDLY
COMMUNITIES**



Please join us at NAMI CC as we launch our Building Mental Health Friendly Communities Campaign for Mental Health Awareness Month. We have delivered these commitment signs to leading decision makers in Contra Costa, starting with the Board of Supervisors and city leaders. For this effort we can and will replace the word "county" to say business, police department, agency, gym, etc. However each much make the Commitment!

Ten Commitments to Building and Sustaining A Mental Health-Friendly Community:

1. People-First Language
2. Making Mental Health Resources Available
3. Paid Wellness Days
4. Eliminating Stigma and Discrimination
5. Open, Safe and Comfortable Environment
6. Open Hearts and Minds
7. Encouraging and Allowing for Self Care

We supplied seven. Now add your three!

As a nonprofit we are not allowed to endorse candidates however we encourage those in our network to support those who have demonstrated building and sustaining mental health friendly communities for all.

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
Nancycybolcerek@namicontracosta.org

AAPI Transitional Age Youth Support Group

Time: Every Saturday, 6:00 p.m. - 7:30 p.m.
Meeting ID: 861 9109 9549
Contact: Leo Li
E-mail: Leo.li@namicontracosta.org

Transitional Age Youth Support Group

Time: Every Tuesday, 6:00 p.m. - 7:30 p.m.
Meeting ID: 824 8157 2895
Contact: Tristan Siebold
Email: Tristan.siebold@namicontracosta.org

Peer Dual Diagnosis Support Group

Time: Every Wednesday, 8:30 p.m. - 9:30 p.m.
Meeting ID: 853 5370 0762
Contact: Greg Beckner
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:
2nd Monday: 958 8167 6173
4th Monday:
Contact: Gerardo Peniche or Alejandra Escobedo
E-mail: Gerardo.peniche@namicontracosta.org or Alejandraescobedo2@gmail.com

API/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 Saturday, 1:00 p.m. - 2:00 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: 987 3209 5699
4th Monday: 924 4351 8216
Contact: Susan Horrocks
E-mail: susanh@namicontracosta.org

Men of Wellness & Men of Faith Support Group

Time: 2nd & 4th Wednesday, 7:00 p.m.
Meeting ID: 932 5929 0303
Passcode: 585218
Contact: Eddie Morris or Alfonso 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: 993 0455 9380
Contact: Margaret Netherby,
E-mail: Mlnetherby@yahoo.com

Conexiones

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

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

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

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Newsletter Deadline:

20th of Each Month

PRESIDENT OF THE BOARD'S COLUMN

By Don Green



May is Mental Health Awareness Month, as anybody reading this probably already knows. I learned from the NAMI National website that Mental Health Awareness Month started in 1949, the year I was born. Such great progress has been made in dealing with mental health and so much remains to be done.

I'm struck by the reference to "Mental Health" instead of our usual focus on "mental illness." I'm OK with focusing on the positive, with the understanding that we are all somewhere on a continuum between severe mental illness to excellent mental health. They are like two sides of the same coin. And, just as with our physical health, our mental health is constantly in flux.

An important difference between physical health and mental health is that pretty much nobody denies the existence of physical illness. If an illness impairs liver function, people expect that the illness will be treated because of the importance of restoring the liver's vital function. Many people essentially deny the existence of mental illness that corrupts someone's thought process so that the person suffering from mental illness is denied the important ability of proper brain function. Even if

someone's mental illness is so severe that they cannot understand and appreciate the nature and consequences of their actions, even if the mental illness is driving the person to do things they would never do otherwise, some people insist that decisions as to treatment should only be allowed if the severely ill brain agrees. These same people would scoff, of course, at the idea that a lung cancer should be required to consent before the lung cancer is treated.

We know we need more effective and available treatment for mental illness. We need a much better understanding of the causes and physiology of mental illness, and how healthy brains remain healthy. I read that progress is being made, based on science. For example, social/political barriers to study of the apparent benefits of carefully controlled use of psychotropics are falling away, opening exciting new prospects for effective treatment. In 1976, when the DSM was changed we got away from labelling homosexuality as a mental illness, previously having interjected moral/religious beliefs into psychiatry as if they were science. Yet there are still practitioners (but not legally in California) who engage in brutal and scientifically unsupported "conversion therapy" to "cure" something that the psychiatric community decided decades ago is not an illness. Somewhere I remember hearing that "culture eats policy for breakfast." Entrenched cultural perspectives can certainly be a barrier to scientific progress on mental health.

This is the month to think and talk about mental health, and mental illness, and what we can do to facilitate mental health and happiness. Thank you for your participation.

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.

BUILDING A BETTER AMERICA



(Pictured: Executive Director of NAMI Contra Costa, Gigi Crowder)

On March 15, 2022 at 3 p.m., the White House Staff hosted a "Building a Better America" virtual event in response to President Biden's State of the Union Address for California. Senator Melissa Hurtado, California State Senate welcomed the conversation while White House Associate Director, Office of Public Engagement, Howard Ou introduced local leaders from several organizations including Executive Director Gigi Crowder of NAMI Contra Costa who responded to the proposed strategies the President introduced to address our national mental health crisis.

President Biden is laying out a vision to transform how mental health is understood, perceived, accessed, treated, and integrated – in and out of health care settings. The American Rescue Plan laid the groundwork, providing critical investments to expand access to mental health services. Now, far more is needed to ensure that everyone who needs help can access care when and where they seek it.

The President is announcing a national mental health strategy to strengthen system capacity, connect more Americans to care, and create a

continuum of support – transforming our health and social services infrastructure to address mental health holistically and equitably.

Gigi Crowder shared the work NAMI CC does to improve mental health outcomes for all as well as address the disparities for under resourced communities such as those found in the African American community. She spoke on the legislation AB988 which is being championed by Assemblymember Rebecca Bauer-Kahan and the success of collaborating with the Miles Hall Foundation, which advocated for the county to implement the Miles Hall Community Crisis Hub. The Hub compliments a non-police response to mental health emergencies. She also touched on how impactful hearing from the voices of lived experience and using natural resources and spiritual practices can be.

Bonnie Preston (Department of Health and Human Services), Janessa Goldbeck (Vet Voice Foundation), Yvonne Hsu (National Asian Pacific American Women's Forum or NAPAWF), and Tavae Samuelu (Empowering Pacific Islander Communities or EPIC) also shared on the differences they are making in their communities and as a response to mental health crisis as a whole.

NAMI Contra Costa was honored to join the White House and local leaders for "Building a Better America: California."

REGISTRATION IS NOW OPEN FOR NAMI CON 2022 JUNE 14 -16



Register here:
<https://events.nami.org/namicon2022/>

NAMI CC TRANSITIONAL AGE YOUTH UPDATES

On the morning of April 26, 2022 NAMI CC's Transitional Age Youth (TAY) culturally reflective staff Mariela and Leo held a successful and informative presentation of Ending the Silence at Dozier Libbey HS, with a booth full of mental health resources for the students to check out and provide feedback. Earlier this year a student ended their own life and many felt like there should have been preventative measures in place so it was critically important for NAMI CC to bring mental health awareness to the campus and for students to feel like they were supported.

Tristan and Leo presented on April 23, 2022 with NAMI CA on ways to improve the mental health of the TAY population. They were excited to share our stories, and most excited to share NAMI CC resources and services.

Baylee has been working closely with NCHS to finally get some clubs on high school campuses, and soon we will have two official clubs. Baylee and Tristan met with staff from El Cerrito High School this month, and will be working collaboratively when the school year begins again to establish more accessible mental health resources on that high school campus.

The TAY Support Group still has a steady group of participants, however we have seen a large increase in attendees. This is most likely due to schools sharing the word about our SG after the TAY Team shares the details with them as we have had multiple meetings with schools and wellness programs recently. As always, to make sure the group stays interesting we have implemented new exercises involving self-affirmations, positive talk to other participants, and focusing on self care. Our relationships with our participants are still strong and we are seeing that the average mood at the end of the meetings according to our mood scale is now 7.9/10, which is great given that the average mood at the beginning of the meetings is 4.9/10.

CATCHING UP WITH AN OLD FRIEND



We recently caught up with Enrique Barajas back in the Bay Area, a former NAMI Contra Costa Transitional Age Youth and LatinX Coordinator. He has since received a BA in psychology from UCLA and is currently working on furthering immigrant rights by doing advocacy especially for undocumented students.

He is involved in many projects, including AB 540, empowering immigrant youth by providing them with resources pertaining to higher education, financial resources and mental health because many undocumented college students are ineligible for DACA which grants them a work authorization. He has been able to partner with undocumented entrepreneurs and startup businesses that will connect them with freelance and independent contractor positions. More recently he has been working with the UCLA labor department to publish a book on immigrant activism.

On the health side, he was also involved as a project director for a community medicine student organization at UCLA called LatinX/ChicanX that did stem workshops for low income students in the Santa Ana area.

Enrique now works at La Clinica Monument in Concord as a clinical office assistant and sees it as an opportunity to continue pursuing the mental and behavioral health care field while he prepares for medical school for psychiatry. Enrique still hopes to partner with and help NAMI CC in any way that he can.

MAY 2022 GENERAL MEETING

Mental Health Speaker Series, Free and Open to the Public
3rd Annual Mental Health Awareness Change Agent Awards Appreciation Virtual Dinner

**THURSDAY, May 19, 2022
 7:00 PM - 8:30 PM**

Over the last two months, NAMI CC has asked members to submit their nominees for Community Change Agent Appreciation Awards, with the intent to recognize sixteen (16) community members/organizations who have made an extraordinary difference and improved the quality of lives by supporting people and/or their families with mental health challenges. Tune in to a memorable Virtual Nominations Awards Dinner for our monthly General Meeting on May 19, 2022 from 7:00 p.m. – 8:30 p.m.

Change Agent award categories include Social Justice, Veterans Award, Educator, Mover and Shaker, Agency, Peer, Elected Official, Faith-based Church, Faith-Based Leader, Program, Volunteer, Law Enforcement Agency, Reducing Disparities Change Agent, Young Mover and Shaker, Family Member and Media.

The General Meeting will be held over Zoom.

To Join Zoom Meeting:
 Join the link below:
<https://zoom.us/j/83166258546>
 Meeting ID: 831 6625 8546

COMMUNITY PARTNERS PICNIC 2022

Friday, June 24th @ 10 a.m. - 3 p.m.
 at Pleasant Hill Park
 147 Gregory Lane, Pleasant Hill, CA.

A BBQ Lunch menu:
 Hamburgers, Hot Dogs, Baked Beans,
 Pasta Salad, Fruit Salad, Dessert and
 Beverages
 Picnic Type Fun & Games
 Community Resource Tabling
 1 p.m. Music Concert

Please R.S.V.P to Torina Craig
 by calling (925) 691-4276 or
 emailing
torina@putnamclubhouse.org

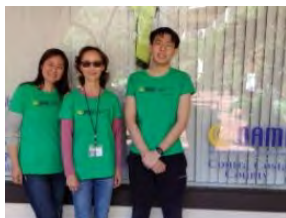
ANTIOCH CARE TEAM (ACT)

A national movement for police reform has swept through America. Cities across the country, including the City of Antioch (CA), are working to advance innovation and best practices in local law enforcement and public safety services. Specifically, in nonviolent, non-health (life-threatening) response situations where a gun and badge isn't needed or helpful, both the individuals involved, and the police are better served by alternative non-police responses. In March 2021, the Antioch City Council took action directing the City Manager to begin establishment of a 24-hour health-crisis response model program for Antioch residents. The working name of the proposed program is the: Antioch Care Team (ACT). NAMI Contra Costa Executive Director Gigi Crowder was interviewed by consultants to ensure there was a family lived experience voice.

In many cases, officers do not have the time and training to address situations with underlying complex socio-economic problems, nor adequate access to community resources. Arrests have long-term impact through exposure to the criminal justice system. Police responding to mental health emergencies is stigmatizing, suggesting a crime rather than a health emergency. In some situations, non-criminal/non-violent calls can be escalated by the mere presence of armed officers. Police use of physical force to manage situations or ensure compliance with orders, result in trauma and damaged community relations. Even if a situation is handled perfectly, the long-standing distrust of police by many heavily-policed communities limit many residents' willingness to call for police assistance or engage with police on scene. Data from national research of police departments from across the country shows that there is a greater likelihood that a police officer will use force on Black, Indigenous, disabled, unhoused and people of color.

Recognizing these impacts, the Antioch City Council and City Manager's Office, Contra Costa County, and various community-based, civic and health organizations began to consider new ways for emergency call responses. Antioch began exploring the development of a local non-police response system and Contra Costa County residents approved a special levy – Measure X – to develop an alternative emergency response system for mental health emergencies. The actions taken in Antioch and Contra Costa County reflected the national awareness of the need to develop alternative response programs for low-level 911 calls.

NAMI CC AAPI TEAM



Our NAMI CC AAPI team members consist of Tiffany Wang, Shelly Ji, Leo Li and many API volunteers.

Tiffany Wang is an API Outreach Coordinator, Mandarin NAMI Family to Family class leader. Responsible for API community support group meeting, API monthly general meeting, API volunteer recruitment and management, advocacy of mental health in API community.

Shelly Ji is an API group leader, Lead Coordinator of FVSN, Mandarin NAMI Family to Family class leader, Mandarin NAMI Basics class leader. Leading the coordinators of NAMI CC FVSN, supervising the API group education programs, supporting group activities, volunteer management and advocacy of mental health in API community.

Leo Li is an API TAY Coordinator, responsible for TAY support group activities and advocacy of YOUTH mental health in API community.

API group services and programs:
☐ Monthly API support group meeting, the 3rd Sunday of each month.

☐ Monthly API general meeting: Monthly free public presentation about mental health by invited speakers.
☐ NAMI Family to Family class in Mandarin: A Free NAMI Family-to-Family Education 8

-Class in Mandarin for caregivers/family members to learn about

mental illness and to find support.
☐ NAMI Basics class in Mandarin: A Free NAMI Basics Education 6-Class in Mandarin for situations where loved ones are either experiencing symptoms or have been diagnosed. Meant for parents, family caregivers of children and teens.

☐ Crash course in Mandarin: 2-hour class addresses critical information of

mental illness.

☐ Warm line in Mandarin: provide a non-emergency resource for anyone seeking emotional support, information, and/or linkage to community resources in Mandarin
☐ Volunteer module training in Mandarin: recruiting and training volunteers and equip them with the tools and knowledge to extend support to the family member.

NAMI CC LATINX TEAM



There are a lot of reasons which 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 identify 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.

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.



WHAT ARE YOU DOING RIGHT NOW FOR SELF-CARE?

- ◆ Breathe deeply
- ◆ Visualize a tranquil place
- ◆ Let go of expectations, uncritical acceptance
- ◆ Stay in the moment
- ◆ Debrief yourself
- ◆ Use self-affirmation
- ◆ Spend time with loved ones
- ◆ Walk or drive in nature
- ◆ Journal

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 trainings will start.

In English, Spanish and Mandarin, committees available to volunteers 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 on Thursdays at 2:00 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

We have many donors for NAMI In Motion that we will publish in our upcoming e-newsletter



Company Donations



Donation QR Code:**FAMILY ADVOCATE**

Bob Thigpen
(925) 957-5139

robert.thigpen@hdsd.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