General Meeting & Speaker

General Meetings are held at 7pm right after the 5:30pm Family Support Group (all are welcome) meetings which take place at: S. J. Co. Behavioral Health — 1212 N. California St. Suite A — Stockton

**November 1st, General Meeting**

**Speaker:** Michele Pennington

Conservator/Public Guardian

Ms. Pennington and her staff assist individuals who are unable to provide for themselves or manage their own funds due to psychiatric disabilities or cognitive limitations, by providing Conservatorship and Representative Payee Services. She spoke about the Public Guardian and Conservator’s responsibilities and services.

**December 6th, General Meeting**

There was a wonderful turnout for the potluck and electing of the 2019 Board of Directors. Thank you to everyone who brought food for this event, especially the home-made dishes. Yum!

**2019 Board of Directors Election**

Dear Friends, The NAMI SJC Membership held its 2019 Board of Directors election on December 6, 2018, during the General Membership Meeting and potluck. NAMI SJC is especially thankful for past and present Board Members for their willingness to be a part of the team.

Many congratulations to those who were elected as the 2019 Board of Directors.

**2019 NAMI SJC Board of Directors**

**Officers:**
- President: Edna Ealey
- Vice-President: Patricia Barrett
- Past President: Anastassios “Tasso” Kandris
- Secretary: Mike Miller
- Treasurer: Kim Nguyenchau

**Directors:**
- Larry Crain
- Mary Ellen Cranston-Bennett
- Michael Fields
- Gertie Kandris
- Kerrie Melton
- John Weston

**Annual Strategic Planning Meeting**

**Saturday, January 12th, 2019, from 9 AM until 2 PM**

Please join the Board of Directors for the upcoming planning meeting for 2019. The meeting will take place on Saturday, January 12, 2019 from 9:00 am until 2:00pm at San Joaquin County Behavioral Health Services located at 1212 N. California Street, Conference C.

The doors will be locked, but please knock and someone will open the door.

This is a mandatory meeting for all NAMI SJ Volunteers. All NAMI SJC members are invited to attend as we will set the roadmap for our affiliate for 2019. We need everyone’s input and ideas. Your voice is important and needed.

Lunch will be served so, you must RSVP by Thursday January 10, 2019 to e.ealey@comcast.net, Edna Ealey, President, NAMI SJC.

**YOU ARE INVITED**

We need everyone’s input and ideas!
**Codles of Noodles Luncheon Fundraiser**

Over 200 served at our 2018 fundraiser, a special event where NAMI supports, family members and clients, enjoyed friendship and a delicious spaghetti lunch prepared by our very own NAMI SJC Past-President Tasso Kandris, and Todd Fabian of the Gipson Center. The luncheon was held on Wednesday, November 14, 2018, at S.J. County Behavioral Health Services, and served over 200 people. We are pleased to say we raised more than a $1,000 at this years event. A good time was had by all!

The event could not have happened or been as successful as it was without the amazing and dedicated volunteers of NAMI SJC, among who were Tasso and Gertie Kandris, MaryEllen Cranston Bennett, Irene Sherman, Priscilla Timmins, Rita Fellows, Tosh and Kaz Sauwatari, Larry Crain, John Weston, Nancy Edelhuber, Daisy Chew, Catherine and Victor Yee, Sheila James, and Patricia Barrett. A special thank you to the organizations that donated food and prizes: Stockton Costco, Lodi Devinci’s, Lodi S-Mart, Tracy Ace Hardware, Tracy Toyota, Safeway, Starbucks, Olive Garden, Marshalls, McDonalds, Nancy Edelhuber and Priscilla Timmins.

![NAMI SJC Volunteers helping at the Codles of Noodles Luncheon](image1)

Above are some of the NAMI SJC Volunteers who helped serve lunch, and some of the recipients of raffle prizes. The first prize was a 40” TV won by Priscilla Timmins. The second and third prizes were bicycles won by Jennie Montoya and Todd Furlong as well as many gift baskets and gift cards were won by others.

**Career Training Opportunity**

**NAMI CA** is offering the Family/Peer Support Specialist Webinar Training program! This free training is devoted to giving peers and family members an opportunity to learn about educational skills such as the Recovery Model, Communication Skills, Trauma Informed Care, among others. All webinar training sessions are taught by trained presenters and provide opportunities for live participant interaction. The goal of this program is to provide Behavioral Health educational training, one-on-one career counseling, and support for graduates to volunteer or work in the Behavioral Health Field.

To take part in the program, a person must fall into one or both of the following criteria’s:

- Individual with Lived Experience
- Family Member and/or Loved One of a person with Lived Experience

**Training Details**

**Orientation Dates:** are January 29, 2019 and January 31, 2019
**Location:** Webinar Training  (computer based)

**NAMI Peer-to-Peer Education Class Begins**

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. The program provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope.

**Participant Perspective**

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking the class.”

**The NAMI Peer-to-Peer education program is:**

- Free and confidential
- This course is held once a week (2 hours)
- Taught by trained Peer Mentors living in recovery themselves
- A great resource for information on mental health and recovery

**Time Commitment, Expectations And Support for Participants**

- Participants will need to attend two weekly webinar sessions (Tuesday and Thursday) that are each 2.5 hours long.
- Training program consists of 70 hours of training (19 webinar sessions and assignments).
- A designated Program Coordinator will offer Career Counseling and support to all participants.
- Request an Interest Form from Michael Fields (mfields@twcsj.org).

Questions? Need Interest Form? Contact Michael Fields, Peer Recovery Services/The Wellness Center of SJC; mfields@twcsj.org; or call (209) 451-3977

**Apply Today!**

**Beginning Saturday, January 5, 2019**

It will be held for 10 weeks, on Saturdays from 12:00 pm – 2:00 pm.

**Location:** The Wellness Center, 1109 N. California Street, Stockton, CA 95202

**Registration is Required**

- **Contact:** Patricia Barrett: (209) 302 - 7880
  Or by email at patricia_barrett@hotmail.com OR
- **NAMI SJC Office:** (209) 468 - 3755
NAMI Family-to-Family Education Class Begins

No one has ever had a manual handed to them upon having a loved one diagnosed with a mental illness or given steps on what to do next have they???

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

PARTICIPANT PROSPECTIVES

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers… It has helped me to understand better and communicate more effectively with my brother.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”

To Register Contact:
- MaryEllen Cranston-Bennett at cranstonbennett.design@gmail.com
- Irene Sherman (209) 329 - 4369 or by email at lirenesherman@gmail.com
- NAMI San Joaquin Office (209) 468-3755 info@namisanjoaquin.org

Dates & Time:
January 19, 2019 through February 23, 2019. It will be held on 6 consecutive Saturdays from 10:00am to 3:30pm week.
Location: 1212 N. California Street (conference Room A) Stockton, CA.

Registration Required
This course meets the qualifications for 15 contact hours of continuing education units for MFTs and/or LCSWs as required by California Board of Behavioral Sciences (BBS), PCE #2436.
Provider approved by the California Board of Registered Nursing (BRN) CEP#10536 and California Association of Addiction Recovery Resources (CAARR), CEP #5097.
Tuesday’s 01/08/19 - 02/05/19 from 9:00 a.m. - Noon Location: Railroad Square (CalWORKS Building) 620 Aurora Street, Stockton, CA
Contact: Drew Strachan, (209) 366-4923 or by email at outreach@namisanjoaquin.org

NAMI Provider Education Course Begins

The National Alliance on Mental Illness (NAMI) Provider Education Course is based on the N.A.M.I. Family-to-Family Program. It was augmented and edited by Joyce Burland, Ph.D. (NAMI’s National Director) to establish a 5 consecutive weeks course for Mental Health providers in collaboration with consumers and family members. Weekly class and homework handouts are compiled into a Course Notebook for future reference.

This course provides a clinical picture of collaborative secondary intervention strategies (pragmatic, concrete, practical steps) which staff can use in practice.

The primary knowledge base of the course is the lived experience of consumer and family members relating to critical clinical aspects of serious brain disorders; the purpose of the course is to help providers “see our lives” from the inside so that effective, equitable and compassionate partnerships can guide the treatment process.

There is no charge for this training or CEUs.

Recovery Support Group

Stockton
SJC Behavioral Health 1212 N. California
1st & 3rd Thursday each month 5:30 PM
Contact: NAMI Office 209.468.3755

Spanish Connection Group
SJC Behav. Health Serv. 1212 N. California
1st & 3rd Friday 5:00 - 6:30pm
America Villasna (209) 356 - 8793

LGBTQ Connection Support Group
The Wellness Center 1109 N. California St
1st & 3rd Friday 6:00 pm - 7:30 pm
Contact: NAMI Office 209.468.3755

Wellness Center Connection Group
Saturday’s 10:00am – 11:30am
The Wellness Center
1109 N. California St., Stockton
Contact: (209) 468 - 3755

Manteca
Doctors Hospital of Manteca
1205 E. North St. - Manteca
1st & 3rd Monday each month 6 - 7:30p.m.

Tracy
Healthy Connections
35 E. 10th St., Suite. B2, Tracy, 95376
Every 1st & 3rd Tuesday from 6 to 7:30:
Contact: NAMI Office: (209) 468-3755

Interested in Volunteering?
Contact our Volunteer Coordinator, Drew Strachan, (209) 366-4923

NAMI Connection
What is it???
NAMI Connection is a recovery support group program for adults living with mental illness.
Groups are led by trained facilitators living in recovery, providing a place that offers respect, understanding, encouragement, & hope in a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Meetings are held at the following locations & times:

Lodi
Lodi Memorial Hospital - Main Board Room
975 S Fairmont Ave, Lodi, CA 95240
Every Friday 6:00 - 7:30 pm
Contact: NAMI Office at (209) 468 - 3755

Stockton
SJC Behavioral Health 1212 N. California
1st & 3rd Thursday each month 5:30 PM
Contact: NAMI Office 209.468.3755

Spanish Connection Group
SJC Behav. Health Serv. 1212 N. California
1st & 3rd Friday 5:00 - 6:30pm
America Villasna (209) 356 - 8793

LGBTQ Connection Support Group
The Wellness Center 1109 N. California St
1st & 3rd Friday 6:00 pm - 7:30 pm
Contact: NAMI Office 209.468.3755

Wellness Center Connection Group
Saturday’s 10:00am – 11:30am
The Wellness Center
1109 N. California St., Stockton
Contact: (209) 468 - 3755
Lodi

Family Support Group
4th Thursday each month except holidays*: 6:00 - 7:30 PM
Contact: Irene Sherman 209-368-1469
Or Joselyn Spurgeon 209-369-5936
Location: Lodi Avenue Baptist Church Fellowship Hall—2301 W. Lodi Avenue
Lodi, CA 95242 Down the street from Raley’s

Stockton

1st Thursday each month Support Group
Family Support Group—5:30 - 7:00 PM
General Meeting 7:00 PM
(speakers see top page 1)
Contact: Mary Ellen Cranston-Bennett 209-369-2594 or (209) 451-3977
The above meetings are held at:
San Joaquin County Behavioral Health
1212 N. California St. Suite B—Stockton

Manteca

Family Support Group
Returning Soon!!!
call the NAMI office 468-3755
Location:
Doctors Hospital of Manteca
1205 E. North St. - Manteca

Stockton

Spanish Family Support Group
Last Friday each Month 5:30 - 7:00 pm
Contact: Jessica Alvarez (209) 513-2373
or Karen Valles (408) 829 - 1565
Location: SJC Behavioral Health
1212 N. California St. Suite B Stockton

Tracy

Family Support Group
is Back!!! 2nd Tuesday each month
6 - 7:30 PM
Location: Healthy Connections
35 E. 10th St., Suite B2 - Tracy, Ca. 95376
Interested in Grp. Facilitator Training?
Contact Edna Ealey e.ealey@comcast.net

SJC Behavioral Health Board Mtgs.

3rd Thursday
6:00 PM
Meetings held at:
SJ Co. Behavioral Health
1212 N. California St. Ste A & B
Stockton, CA

S. J. Co. Behavioral Health Services
Family Advocate:
Richard Black
209-401-6087

NAMI SJ Board Mtgs.

3rd Thursday
6:00 PM
Meetings held at:
SJ Co. Behavioral Health
1212 N. California St. Ste A & B

NAMI SJC Membership Drive
Use the form on this letter to submit your renewal or new membership dues. Your membership and support are essential to NAMI San Joaquin County and enable our affiliate to provide education, support, advocacy and to grow.