

# NEWSLETTER

## Find Help & Hope.

### NAMI San Joaquin County

P.O. Box 448  
Stockton, CA 95201  
209.468.3755

info@namisanjoaquin.org  
namisanjoaquin.org

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### NAMI SJC Board Members

#### Officers:

**President:** Michael Fields  
**V. P.:** Larry Crain  
**Past President:** Edna Ealey  
**Secretary:** Colleen Byars  
**Treasurer:** Edna Ealey-Fields

#### Board of Directors:

Heather Bradford  
Joe Knobloch  
John Weston  
Kathi Polk  
Kaz Saruwantari  
Larry Morrison

**We could not do it  
without our  
volunteers!**

**Are you interested in  
volunteering?**

**Contact us at**

outreach@namisanjoaquin.org

We are *strongest*  
when we are  
*united* for  
the same cause.

## Board Member Elections

Calling all NAMI San Joaquin members. It is time for Board elections, 2021. Do you or someone you know who is a member of NAMI, would like to take a more active role and become part of the 2021 Board? Let us know.

We are excited for the coming year and hope that you will continue to be part of it. We appreciate all our volunteers.

Watch your email for information about the coming election

## General Meetings Being Re-envisioned!

Our General Membership Meetings will now be NAMI Community Meetings. We want to make sure everyone in the community feels welcome to join. Stay tuned for some fantastic speakers.

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Our **November Community Meeting** will be held virtually on Thursday, Nov. 5 at 6pm. We are collaborating with the San Joaquin Delta College Active Minds Chapter. Our speaker, Diana Chao, will share her amazing story of dealing with a mental health challenge, her recovery and stigma. Among other speaking engagements, she has given a TEDTalk! She is from the Active Minds national organization and we are very excited she will be speaking. Send us an email at [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org) for a link to this wonderful event.

## Thank you to all who participated in our Community Discussion #ConnectedTogether



**#ConnectedTogether** was a success. People from around the community joined in a conversation about those struggling with mental illness and how we can meet their needs during COVID. We gathered resources from those agencies represented from our community and will spotlight some of those in an upcoming section: COMMUNITY SPOTLIGHT

## New Family to Family Class

### Family to Family Education Program, 8 Sessions 8 Weeks

A new class begins October 3, 2020 "SOLD OUT"

Family to Family is a free course for family and friends of individuals living with mental illness or emotional disorders. This course is designed to help family members to understand and support their loved ones while maintaining their own well-being.

Thank you to all who registered. New classes will be offered in 2021!

Many are struggling at this time, be kind and sensitive to those around you

**In June 2020 , 40% of US adults reported struggling with mental health or substance abuse. (CDC)**

### San Joaquin Crisis Phone

24/7/365

209-468-8686

### Consumer Support Warmline

209-468-3585

**NAMI SJC Bicycle Program**



Do you know of someone working hard on their recovery who needs a bicycle?  
 Let us know.  
 We will provide individuals in need of transportation a brand new bicycle.

**New LGBTQAP & TGI Support Group**

**COMING NOVEMBER!**  
 NAMI San Joaquin County will be offering support groups for our LGBTQAP & TGI community. We are committed to reaching everyone in our community who is struggling. Watch our website for information and spread the word! Email [Info@namisanjoaquin.org](mailto:Info@namisanjoaquin.org) if you would like more information or to participate.

**NAMI SJC Family Support Groups**

Do you have a family member who is living with a mental illness? Are you looking for support and education? NAMI San Joaquin offers Family Support Groups throughout the county.  
**2nd Tues & 4th Thurs. each month at 6:00pm, except holidays\***  
 Meetings are temporarily being held via Zoom. If interested in attending and to receive the link to join the group, please contact NAMI SJC via email at [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)

**NAMI SJC Connection Support Groups**

A Peer-led Support Group for adults living with mental illness. This group can assist with insights by hearing the challenges and successes of other peers. The groups are led by NAMI-Trained Facilitators who have lived experience.  
**Every Friday at 6:00pm, except holidays\***  
 Meetings are temporarily being held via Zoom. If interested in attending and to receive the link to join the group, please contact NAMI SJC via email at [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)

**NAMI SJC Board Meetings**

**3rd Thursday of each at 6:00 PM** Meetings are temporarily being held via Zoom. If interested in attending, please contact NAMI SJC at [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)

**SJC BHS Board Meetings**

**3rd Wednesday of each at 5:00 PM** Meetings are temporarily being held via zoom. If interested in attending, please contact BHS for information at (209) 468-8700

**Stockton Spanish Support**

**We apologize for the inconvenience but our Spanish Family Support Groups & Spanish Connection Support Groups are temporarily on hold. We are working hard on resuming these support groups.**

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

- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Nami Of San Joaquin County** whenever you shop on AmazonSmile.
- You can select a different charitable organization after signing in.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support your charitable organization by starting your shopping at [smile.amazon.com](http://smile.amazon.com).

**BECOME A NAMI MEMBER TODAY!**

**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 enables our affiliate to provide education, support, advocacy and to grow.



**MEMBERSHIP APPLICATION**  
 Membership is for NAMI SJC, NAMI California and NAMI.

New Member  Renewal

Household Membership .....\$60

Individual Member .....\$40

Open Door (limited Income) .....\$5

NAME: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**ADDITIONAL DONATION**

Please consider giving an additional \$25 or more to NAMI San Joaquin County. Your donation supports our local services for those with mental illness and their family members.

\$ \_\_\_\_\_ Total Enclosed

**Make checks payable to:**  
 NAMI San Joaquin County or join online at [www.namisanjoaquin.org](http://www.namisanjoaquin.org)

I am interested in volunteering for NAMI San Joaquin County. Please contact me at the above address/phone/Email.

**PLEASE MAIL THIS FORM TO:**

NAMI San Joaquin County  
 P.O. Box 448  
 Stockton, CA 95201

*NAMI Joaquin County is a 501(c)(3) nonprofit organization. All contributions are tax deductible to the extent allowed by law.*