Upcoming General Meeting Speakers

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

**JANUARY 4TH, General Meeting**

**Speaker: Tony Vartan, SJC Behavioral Health Director**

Tony is the new Director for San Joaquin County Behavioral Health Services! He comes to us from Stanislaus County where he was a Hospital Administrator and Chief Behavioral Health Officer.

**FEBRUARY 1ST, General Meeting**

**Speaker: To be announced**

The announcement will be made by email just prior to Feb. 1st. Keep an eye on your email inbox.

President’s Message

On behalf of the NAMI SJC Board of Directors, I want to thank each and every one (past and present) for your willingness to be a part of the NAMI SJC Board of Directors. There are not enough words to express my gratitude for each of you, and all that you have done and continue to do for families and individuals dealing with mental illness.

Many congratulations to those of you who were elected as the 2018 Board of Directors, and so much appreciation to those of you who were willing but were not elected. Never-the-less, I hope that each of you know how valuable and appreciated you are.

I look forward to a wonderful year working together positively as a team, for the growth of the affiliate; and especially, helping all who are affected by mental health conditions.

~NAMI SJC Board President, Edna Ealey

Strategic Planning Meeting ~ You Are Invited!

Please join the Board of Directors for the upcoming Planning meeting for 2018. The meeting will take place on Saturday, January 20th, 2018, from 9 AM until 2 PM, at San Joaquin County Behavioral Health Services Street, Conference Room C. The doors will be locked, but please knock and someone will be there to open up.

This is a mandatory meeting for ALL NAMI SJC Volunteers, and members are also asked to attend as we will set the road map for our affiliate for 2018. We need everyone’s input and ideas. Your voice is important and needed.

Lunch will be served so, you must RSVP by 1/15/2018 to e.ealey@comcast.net Edna Ealey, President, NAMI SJC.

**Saturday, January 20th, 2018, from 9 AM until 2**
NAMI CA Tentative Training Schedule, by Region

NAMI California is offering trainings for various NAMI education programs. All who meet the qualifications are encouraged to apply for training. Contact NAMISJC President Edna Ealey e.ealey@comcast.net for more information.

There is an application process to determine if you qualify to be trained, the applications can be downloaded and printed from www.namica.org/upcoming-trainings.

- Basics Application (PDF DOC)
  A signature education program for parents and other caregivers of children and adolescents living with mental illnesses.
  It is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

- F2F Teacher Application
  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.

- Peer-to-Peer Mentor Application
  Peer-to-Peer is a nine week two-hour recovery course, taught by a team of three trained "Mentors" who are personally experienced at living well with mental illness. Mentors undergo an intense 3 day training session, supplied with teaching manuals. They receive a stipend for each course they successfully teach.

- Connection Facilitator Application
  NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

- Family Support Group Facilitator Application
  This two-day training teaches volunteers techniques for group facilitation and orients participants to the policies and procedures for fulfilling the Support Group Facilitator volunteer role. Potential candidates must be a family member of someone who lives with a mental illness and commit to leading a group twice monthly, and will ideally have participated in a NAMI Family Support Group.

Basics Training (January 2018)
Region – Central CA

Persona a Persona Training Region – Southern CA
San Fernando Valley January 26 -28

Mental Health 101 Training
Region – Southern CA
Orange County
February 9 – 10

De Familia a Familia Training
(February 2018)
Region – Southern CA

Family Support Group Training
(February 2018)
Region – Southern CA
Family-to-Family Training (March 2018)
Region – Central/Southern CA (TBD)

Connection Training (March 2018)
Region – Southern CA

Family Support Group Training (May 2018)
Region – Northern CA

Peer-to-Peer Training (May 2018)
Region – Southern CA

Basics Training (June 2018)
Region – Northern CA

Volunteers Needed!

We are looking for Volunteers to help NAMI SJC further our mission and purpose. There are many ways a person can volunteer. If interested, please contact NAMI SJC Volunteer & Outreach Coordinator Drew Strachan at (209) 366-4923 ordndstrachan@gmail.com.

Abraham Lincoln o Winston Churchill o Buzz Aldrin o Virginia Woolf o Kurt Cobain

Charles Dickens Sylvia Plath o Carrie Fisher... o People with Mental Illnesses Enrich Our Lives

You'd never say, “It's just cancer, get over it.”

So why do some say that about depression?
What is it???
NAMI Connection is a recovery support group program for adults living with mental illness.
These groups provide a place that offers respect, understanding, encouragement, and hope in a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Meetings are held in Stockton and Manteca at:

**Stockton**

SJC Behavioral Health 1212 N. California 1st Thursday each month at 5:30 PM

**Wellness Center Group Saturday Connection**
- Free and confidential
- Held weekly for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery.

**Manteca**

Doctors Hospital of Manteca 1205 E. North St. - Manteca
1st Monday each month 6 - 7:30p.m.
Contact: Kerrie 209-922-7846 or NAMISJC

**Tracy**

Healthy Connections 35 E. 10th St., Suite. B2 - Tracy, Ca. 95376
Every Third Wednesday from 6:30 to 8:
Contact: the NAMI Office: (209) 468-3755

If you have never attended a NAMI CA conference you will find it to be a thoroughly enriching experience.
Please fill out the application form below and send it with your check of $35. If you have already paid your dues, THANK YOU!!