

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: John Weston
V. P.: Michael Fields
Past President: Michael Fields
Secretary: Colleen Byars
Treasurer: Edna Ealey-Fields

Board of Directors:

Heather Bradford
Larry Crain
Alexandra Queen
Kaz Saruwantari
Hollie Ivory-Jones

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.

NAMIWALK COMING SOON

The annual NAMIWalk is scheduled for May 22, 2021. This is our annual fund raiser for the year. The walk will be virtual so get out those tennis shoes, plan your route and gather your sponsors. You can join a “team” or create your own team. Last year we raised 7,985.00! Follow the link to start a team or donate.

<http://namiwalks.org/northernCalifornia>



WHY WE SUPPORT NAMIWALKS “OUR WHY”



TEAM BYARS: My daughter, 36 is an amazing mom of 4 girls, a loving daughter, is creative and intelligent. She is also Bipolar with borderline personality disorder. She has overcome a suicide attempt, cutting, homelessness and more to become a healthy member of society by managing her illness with medication and lots of support. As her mom I can support her with the tools and help I received through NAMI. Through the **NAMI Family to Family class** I have learned about the condition, what to expect, her “normal” and an overview of her medications. The greatest help as a mom was knowing that I was not alone. As the years go by our aim as mother and daughter is to reach out to others who are struggling showing support and being an example that there is always hope.

NEW FAMILY TO FAMILY Class starts April 17th, 2021.

F2F is a free online 8 week class for those friends and family of someone living with mental illness.

Email info@namisanjoaquin.org for registration information



A great book by the Johnsons. The journey through a daughters life from the beginning of the Bipolar diagnosis through learning to live with it. You can see your life and hope through this mother and daughter as they tell the story from each point of view.

I cannot stop your spiral, but I can wrap my arms around you until it begins to make sense.

I cannot drown out the voices in your head, but I can whisper it's okay until they fade.

I am not afraid of your darkness, I do not despise your mess.

I fear your inability to see what I see, a beautiful soul.

JmStorm

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 LGBTQ Support Group

COMING SOON!

NAMI San Joaquin County will be offering support groups for our LGBTQ community. We are committed to reaching everyone in our community who is struggling. Watch our website for information and spread the word!

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 Tuesday and 4th Thursday each month at 6:00pm

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

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.

1st and 3rd Tuesday at 6:00pm

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

NAMI SJC Board Meetings

3rd Thursday/monthly at 6:00 PM Meetings are temporarily being held via Zoom. If interested in attending, please contact NAMI SJC at 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



You shop. Amazon gives.

• 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.

Stockton Spanish Support

We apologize for the inconvenience but our Spanish Family Support Groups & Spanish Connection Support Groups are temporarily on hold. We are seeking Spanish speaking volunteer leaders.

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

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

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.