

MONTHLY NAMI MEETINGS

NAMI-Montgomery County meets on the 4th Thursday of every month at 7:00 PM (3rd Thurs. in Nov. and Dec.) in Rejoice Hall (third floor of fellowship hall) at Christ United Methodist Church, 3440 Shroyer Rd., Kettering. There are monthly speakers presenting topics of interest to the mental health community followed by a brief business meeting. All mental health clients, families, providers and interested parties are invited to attend. For more information call 937-299-3667.



NAMI-MC Mission Statement:

To improve the quality of life, ensure dignity, respect and hope for all affected by mental illness, through education, advocacy and support.

Websites: www.nami-mc.org (NAMI-MC)
www.nami.org (NAMI National)
www.namiohio.org (NAMI Ohio)

You can find out specific information regarding NAMI-Montgomery County's support groups, monthly educational meetings, and Family-to-Family classes:

1.) Go to www.nami-mc.org; 2.) Click on 'Event Calendar' on the left side-bar and you will see our schedule of groups, meetings, and classes.

NAMI MONTGOMERY COUNTY MEMBERSHIP

Date _____

___ Individual/Family/Friend \$25

___ Professional \$25

___ Mental Health Client \$3

___ Open Door

Name _____

Address _____

City & Zip _____

Phone _____

Fax _____

Email _____

Please make checks payable to
NAMI-Montgomery County and mail to:
NAMI-Montgomery County
P.O. Box 565
Dayton, OH 45409

By joining NAMI-Montgomery County you also become a member of NAMI National and NAMI Ohio and will receive their quarterly publications on mental health issues that are unavailable in any other format.



NAMI-Montgomery County
P.O. Box 565
Dayton, OH 45409
Phone/Fax: 937-299-3667
Email: info@nami-mc.org
Website: www.nami-mc.org

The National Alliance on Mental Illness (NAMI)

Open your mind



There is hope

There is help

Treatment works!

NAMI-Montgomery County

Contact: Sue Hanna, Executive Director
937-299-3667 (phone/fax)
info@nami-mc.org

NAMI offers free education, advocacy and support to mental health clients, their families and friends.

WHAT IS NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization, established in 1979 for mental health clients and their families as a self-help organization dedicated to providing support, education and advocacy to anyone affected by persistent biologically based brain disorders.

There are 220,000 NAMI members nationwide with 1200 affiliates throughout the nation. NAMI-Montgomery County is a chapter of NAMI Ohio joining around 60 other state affiliates. The state coalition represents an important link in efforts to improve the quality of life for those with mental illness by implementing and integrating services and policies determined at the state level. Brain disorders are real diseases causing disturbances in feeling, relating or thinking. These illnesses do not discriminate, affecting people of all ages, races, cultures and socioeconomic classes.

One out of every four families in America has a member who suffers from a serious mental illness. Two out of every 100 young adults will be affected by serious brain diseases between the ages of 18 and 30.

NAMI advocates at the local, state and national level for a system of adequate care and for increased support for research from the federal government and from private sources.



Ohio's Voice on Mental Illness



NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

This free twelve week course is for families with a loved one who has mental illness and is designed to provide insight and understanding into schizophrenia, bipolar disorder, depression, anxiety disorder, obsessive compulsive disorder, and borderline personality disorder. Workshops include self-care, problem solving, empathy, and communication techniques along with classes on the biology of the brain, medications, recovery and rehabilitation.

Registration is required. For more information please call 937-299-3667.

A quote from a F2F alumni:

"I learned the first night of class that our son's behaviors were not a personal affront to us, rather symptoms of an illness he did not choose to have. We think of that often and it helps us cope."

A NAMI member says:

"By becoming involved in NAMI, I felt for the first time in my daughter's illness that I was not alone in this, that there were others who helped by sharing similar experiences."

NAMI CARING & SHARING FAMILY SUPPORT GROUP

This group of caring individuals can comfortably share with others their experiences in dealing with the ramifications of symptoms associated with mental illness. NAMI Caring & Sharing is one of the few places families can go and feel empathy and understanding about these stigmatized disorders of the brain.

At NAMI Caring & Sharing, people no longer feel isolated or helpless. They begin to feel empowered once they realize they are not alone in this illness and they have the freedom to express themselves without fear of judgment. This support group is for family members of persons with mental illness and meets on the 1st Thursday of each month at 7:00 PM in Rejoice Hall (third floor of fellowship hall) at Christ United Methodist Church, 3440 Shroyer Rd., Kettering. Call 937-299-3667 for more information.

NAMI CONNECTION RECOVERY SUPPORT GROUP

NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope. Support groups are open to all adults with mental illness, regardless of diagnosis.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group: Meets weekly for 90 minutes, is offered free of charge, follows a flexible structure without an educational format, and does not recommend or endorse any medications or other medical therapies.

NAMI Connection Recovery Support Group meets weekly on Monday evenings at 7:00-8:30 p.m. in Room 120 at Christ United Methodist Church, 3440 Shroyer Rd., Kettering. For more information, email Jennifer at jennifer@nami-mc.org, visit www.nami.org/connection, call 800-950-6264, or email info@nami.org.