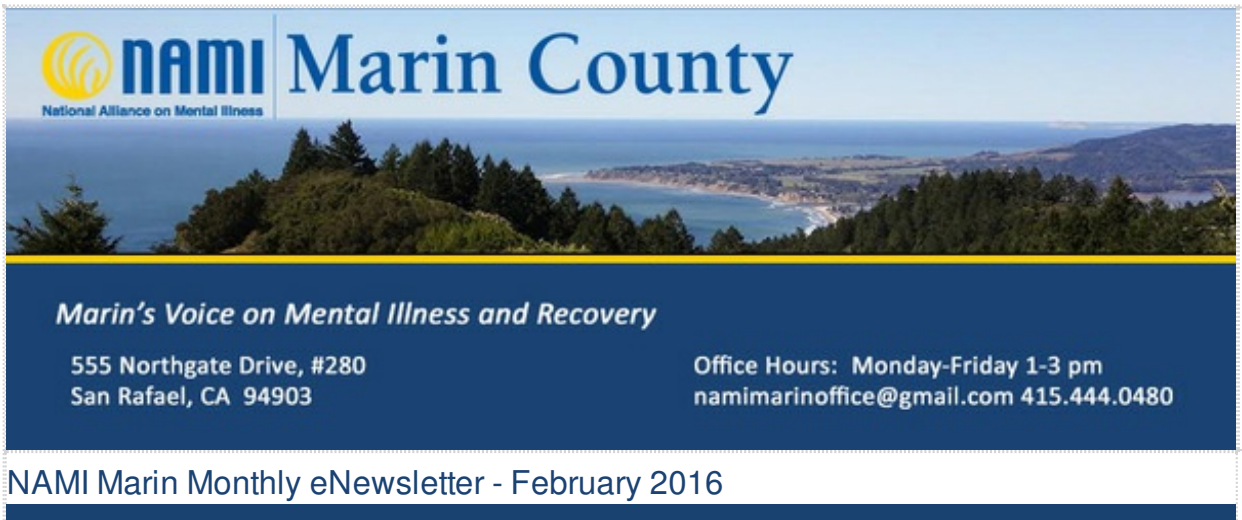


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**NAMI Marin County**  
National Alliance on Mental Illness

*Marin's Voice on Mental Illness and Recovery*

555 Northgate Drive, #280  
San Rafael, CA 94903

Office Hours: Monday-Friday 1-3 pm  
namimarinoffice@gmail.com 415.444.0480

NAMI Marin Monthly eNewsletter - February 2016

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## General Meeting

Monday, February 15, 2016

7:00-8:30 p.m

## Creating an Estate Plan to Protect a Disabled Loved One

**Speaker: Baron L. Miller, Esquire**

### Learn about:

- Establishing a special needs trust as part of an estate plan.
- Preserving assets for a person with a mental illness.
- Enabling a person with a mental illness to receive supplemental financial assistance while remaining eligible for public assistance.

- Understanding the new ABLE Act
- Identifying the requirements for a trustee, including information on the Proxy Parents Foundation of PLAN of California.

**Speaker:** Baron L. Miller is an attorney in San Francisco who specializes in planning estates for families of persons with mental illness, and is a frequent writer and presenter on the subject. He has a 40-year-old daughter with schizophrenia, he is a long-time member of NAMI-SF, and he has been serving on the Board of Directors of PLAN of California for many years.

#### **LOCATION**

San Rafael Corporate Center  
750 Lindero St.

(The building nearest Andersen Dr., between 2nd St. and Andersen Dr.)

Meeting room is off the lobby.

Free parking lot (after 6pm) on west side of street.

**Free and Open to the Public.**

For more information call or visit NAMI Marin  
415.444.0480, [www.namimarin.org](http://www.namimarin.org)



### **NAMI's Free Family-to-Family Education Program**

NAMI Marin is again offering a comprehensive 12-week course designed for families of individuals with severe mental illness. Course offerings include communication and coping skills for families, self care and emotional support. This course is taught by trained, experienced family member volunteers. Space is limited. Pre-registration required.

The classes meet on Tuesdays from 7:00-9:30 pm  
April 5 – June 28

Registration required. For more information, call the NAMI Marin office.  
415.444.0480

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## **NAMI Marin Family Support Groups**

Drop-in support groups for family members. Free of charge.

### **San Rafael**

The second and fourth Tuesdays of each month, 6:00-8:00 p.m. with co-facilitators Kay Browne, MD and Jack Lieberman at the Enterprise Resource Center, 3270 Kerner Blvd., Building A, Suite C, San Rafael.

### **Novato**

The first and third Wednesdays of the month from 7:00-8:30 p.m. with facilitator Kay Blackwill and Adam Edell at United Methodist Church, Room 7, 1473 South Novato Blvd, Novato.

### **Español Central Marin**

First and third Thursdays of each month. Call Gloria McCallister at  
1.415.473.2261

For more information, please call the NAMI Marin office at  
1.415.444.0480.



## **You are invited to the next FamFest!**

Client and Family Gathering and Dinner  
Coordinator, Kay Blackwill  
Second Wednesday of the month, 6pm - 7:30pm  
[www.namimarin.org](http://www.namimarin.org)



## **Clients and their families are invited!**

**February 10 - San Rafael Joe's**  
931 Fourth Street, San Rafael

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## NAMI Marin Help Line



Call 415-444-0480, Ext. 0

Monday-Friday 1:00-3:00 p.m.

Volunteer family members are available to provide information about our programs and services and community mental health resources. Talk with someone who understands.

Call anytime to leave a message and your call will be returned during Help Line hours.

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## Family Support Group Mental Health & Substance Use Services (MHSUS)



Free drop-in group held Thursdays, 7-8:30pm

250 Bon Air, Greenbrae, 1st Floor Conference Room

1st Thursday	Angela Tognotti, MFT - Supervisor Mental Health Odyssey Team Jessy Wennick, NP - Nurse Practitioner Angela Cassidy, MFTI - Outreach and Engagement Clinician
2nd Thursday	Todd Paler LMFT, Program Manager Crisis Continuum Angel Cassidy MFTI – Outreach and Engagement Clinician
3rd Thursday	Jennifer Bates LCSW Supervisor Mental Health Access Unit Linsey Maldonado-Sciutti & Anne Lauver, Family Partners Angel Cassidy MFTI – Outreach and Engagement Clinician
4th Thursday	Kathy Chestnut LCSW Unit Supervisor Adult Case Management Team. Maggie Dann NP, Nurse Practitioner Angel Cassidy MFTI – Outreach and Engagement Clinician
5th Thursday	Lisa Ballard Psy.D – Unit Supervisor PES Jennifer Echo NP, Nurse Practitioner Angel Cassidy MFTI – Outreach and Engagement Clinician

Due to schedules, facilitators may change from time to time.

Questions? Call 888.818.1115.

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## Lecture Series at Rodef Sholom

### Fostering Support for Families: A Jewish Mother's Story on Becoming an Involuntary Expert in Young Adult Mental Illness



**Speaker Nancy L. Wolf with Rabbi Lara Regev**

Thursday, February 25, 7:00 – 9:00 pm, in the Sanctuary

Hosted by Congregation Rodef Sholom  
170 N. San Pedro Road  
San Rafael, CA 94903

*Please RSVP to Molly at 415.479.3441 or [molly@rodefsholom.org](mailto:molly@rodefsholom.org)*

Drawing from her own experience of parenting an adult child with mental illness, Nancy will talk candidly about the diagnosis process, navigating the mental health system, creating a support group (and teaching friends and family how to be supportive), discovering a new way to “kvell,” navigating the college process, knowing how and when to back off, and options for going forward personally and within the Jewish community.

[Read More >>](#)

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## We Need Volunteers!



NAMI Marin is run by 60 wonderful volunteers, we always need more! We have projects and positions with a variety of time commitments. Begin by calling our Volunteer Coordinator, Peg Super, to find a best fit for your interests and skills. Would you enjoy managing our FaceBook page, updating our HelpLine Resource List, delivering newsletters, getting the word out by public speaking or tablings, or getting trained to run one of our signature programs?

Please call Peg Super, Volunteer Coordinator to find out more  
1.415.444.0480, Ext. 0

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**For Important Emergency/Crisis Links:**

Go to [www.namimarin.org/emergency](http://www.namimarin.org/emergency)

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**Become a Member, Join NAMI Marin!**

Go to [www.namimarin.org/join](http://www.namimarin.org/join)

**Donate!**

Go to [namimarin.org/donate](http://namimarin.org/donate)

**Support NAMI to help millions of Americans who face mental illness every day.**

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