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NAMI Marin Monthly eNewsletter - June 2016

[General Meeting](#)

[Family-to-Family](#)

[Family Support Groups](#)

[FamFest](#)

[Help Line](#)

[Help in a Crisis](#)

[Volunteers Needed](#)

[MHSUS Support Groups](#)

[MarinScapes 2016](#)

[Child Abuse Prevention Council](#)

[Peer Support and Counseling](#)

[Seeking Safety Group for Women](#)

[BiPolar Study Group](#)

[Schizophrenia Emotion Study](#)

[Positive Parenting by CAM](#)



General Meeting

Monday, June 20, 2016

7:30- 9:00 p.m (Please note time)

HEALTH AND WELLNESS IN MARIN AND THE FUTURE OF MARIN MENTAL HEALTH SERVICES

Topic: Many Marin families come in contact with the County's Department of Health and Human Services in the difficult process of helping their loved one with mental illness. Come hear Dr. Grant Colfax, the new head of the Department, address:

- goals and objectives under his leadership

- the vision for the future of mental health services in the County



Speaker: Grant Colfax, MD and Director of Marin Health and Human Services

[Read More >>](#)

LOCATION (Please note location)

The Connection Center, on the Marin Health & Wellness Campus at the corner of Kerner and Bellam Blvds. 3240 Kerner Boulevard in San Rafael, 94901. [Link to Google Maps.](#)

No Cost, Everyone Welcome

Summer Recess: July & August
The next General Meeting is September 19.

For more information call or visit NAMI Marin

415-444-0480 www.namimarin.org



NAMI's 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

Next Course begins September 6, 2016
Classes are limited to 24 people and registration is required.
No charge to attend.

To register and for more information, call the NAMI Marin office.
415-444-0480, ext. 0



NAMI Marin Family Support Groups - Drop in

No Cost, Family and Friends Welcome.

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. [Google Map Link](#).

Novato

The first and third Wednesdays of the month from 7:00-8:30 p.m. with co-facilitators Kay Blackwill and Adam Edell at United Methodist Church, Room 7, 1473 South Novato Blvd, Novato. [Google Map Link](#).

Español Central Marin

First and third Thursdays of each month. Call Gloria McCallister at
415-473-2261



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/famfest



Clients and their families are invited!

July 13, 2016
Bangkok Thai Express
857 4th Street
(Between Cijos Street and Lootens Place)
San Rafael

Clients, family, friends, and support staff, all welcome!
Dinners are no-host but partial scholarships are available for clients, as needed.
No reservations required.

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.

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 Odyssey Team Jessy Wennick, NP Angela Cassidy, MFTI - Outreach and Engagement Clinician

2nd Thursday	Todd Paler LMFT, Program Manager Crisis Continuum Jennifer Echo, NP 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 Angel Cassidy MFTI – Outreach and Engagement Clinician
5th Thursday	Lisa Ballard, Psy.D. - Unit Supervisor PES Jennifer Echo, NP - Nurse Practitioner (JUNE ONLY) Angel Cassidy, MFTI - Outreach and Engagement Clinician

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

Questions? Call 888-818-1115.

MarinScapes 2016

June 23 - 26, 2016

An exhibition and sale of Marin County landscape art benefitting Buckelew Programs, including Family Service Agency of Marin and the Helen Vine Recovery Center.



**All events at Escalle Winery
771 Magnolia Avenue, Larkspur**

FEATURING ARTWORK BY OVER 30 FINE ARTISTS!

Opening Night Gala

Thursday, June 23 | 5:30-9:30 pm

Meet the Artists

Friday, June 24 | 5:30-8:00 pm

\$15 per person

Art Exhibit & Benefit

Sat, June 25 & Sun, June 26 | 12:00-6:00 pm

\$15 per person

More information: [415-491-5705](tel:415-491-5705)

Tickets: buckelew.org

555 Northgate Drive

Suite 200

San Rafael CA 94903

CAPC Community Training



Debra Belaga of NAMI Marin reviews their programs and initiatives in Marin County. NAMI is dedicated to improving the lives of individuals and families living with mental illness, through advocacy, education and support.



TUESDAY, June 21, 2016

1:00 PM- 2:30 PM

30 North San Pedro Road Suite 100,

Conf. Room, San Rafael, CA

RSVP required; space is limited.

Contact Kay at 415-507-9016 or kay@marinadvocates.org



CommunityActionMarin

**Counseling and Peer
Support Available**

Community Action Marin provides crisis planning counselors offering peer support for clients who have a history of mental illness. The main purpose of crisis planning is

helping clients avoid a psychiatric crisis; but if one does occur, our goal as peer counselors is to help clients be better prepared to handle it.

Some of the key information recorded in a crisis plan are medical history to help clinical staff deescalate a crisis, symptoms and warning signs that indicate a crisis may be ahead, and treatment preferences from PES staff. In addition, clients can document their choices for medication and treatment facility.

Finally, after the client crisis plan is completed the crisis planning counselors take the plans to Marin General to insert them into the client's medical records. Counselors then do follow up meetings with clients to track outcomes. They are also in contact with county case managers and Buckelew RSS managers for client referrals.

If you feel as though you may benefit from a crisis plan or know someone who may please feel free to contact crisis planning program supervisor Cesar Leiva at (415) 306-3289, cleiva@camarin.org, or counselor Deborah Sawicki at (415) 497-9092, or counselor Andrew Frierson at (415) 847-1112.

Seeking Safety Group for Women

Seeking Safety is an evidence-based treatment model designed to help individuals attain safety from trauma and/or substance abuse.



Group objectives:

- Build skills in communication, stress management, self-care, and relapse prevention
- Explore the relationship between trauma, substance abuse, and other unsafe behaviors
- Develop social support
- Enhance commitment to recovery

WHEN: Tuesdays 3:00-4:30 pm – Ongoing

WHERE: Family Service Agency of Marin
555 Northgate Drive, San Rafael, CA 94903
(across from Northgate Mall)

FEE: Sliding scale - \$15-40 per session. Medi-Cal accepted

LED BY: Dori Woodley, MFT Intern, IMF 83444
Melanie Lopes, MFT Intern, IMF 75456
(Supervised by Robin Furner, MFT, MFC 44794)

To register please call Dori Woodley at 415-491-5700 x2033
or Melanie Lopes at ext 205.

Bipolar Disorder Group Study

Find out more?

You can call us, The Laurel Group, at 510-542-8241 or
email [**UCBGroupStudies@gmail.com**](mailto:UCBGroupStudies@gmail.com)



Schizophrenia Emotion Study **Dr. Ann Kring, UC Berkeley**

Find out more? You can call us at 510-643-4098 or email us:
[**esilabstudy@gmail.com**](mailto:esilabstudy@gmail.com)

POSITIVE PARENTING IN CHALLENGING TIMES

Offered by Family Partners



WHEN: EVERY TUESDAY

WHERE: 3230 Kerner Blvd, San Rafael, CA 94901

TIME: 6:30-8 PM

This is a class to support all parents to ENJOY raising their children. Parenting does not have to be a huge struggle if you have a tool box of effective parenting skills. We want to support parents to get the tools they want and need.

We provide a dinner for the adults and a snack for the children.

Free child care provided by an experienced child care provider.

Please RSVP so we can be ready for you!!

Michelle Kemp MSW 415-368-5221

Leticia McCoy 415-378-6061

Free Spanish Language Parenting Class Series

WHEN: EVERY WEDNESDAY, 6:00-7:30 pm

WHERE: 3230 Kerner Blvd, San Rafael, CA 94901

TIME: 6:00-7:30 PM

Please RSVP so we can be ready for you!!

Marisol Muñoz-Kiehne, PhD (“Doctora Marisol”)

(415) 473-6787

To register for either English or Spanish class, call and leave message indicating: your name, phone number, email address, and the ages of your children if you will need child supervision.

You may begin attending at any point in the series.

The classes and the child supervision are free and everyone is welcome.

Pledge to be Stigmafree!

Help us spread the word about our pledge to make mental health #StigmaFree.

Learn more here: <http://www.nami.org/stigmafree>

**To suggest a particular topic or speaker for our
General Meeting,
contact Beverlee Kell at namimarinoffice@gmail.com**

**Spread the word about our E-Newsletter, forward this link to family,
colleagues and friends.**

[e-Newsletter subscription link](#)

For more information call or visit NAMI Marin

[415-444-0480](tel:415-444-0480) www.namimarin.org



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
415-444-0480, Ext. 0

For Important Emergency/Crisis Links:

Go to www.namimarin.org/emergency



Become a Member, Join NAMI Marin!

Go to www.namimarin.org/join

Donate!

Go to namimarin.org/donate

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

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US

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**vertical
response**
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Free Email Marketing >>