

YOUR GENEROSITY CHANGED LIVES!

With your support, NAMI's free mental health programs brought hope, resources, and recovery



You Helped Laura's Family to Support Each Other & Heal

Laura lives in Santa Cruz with her husband and two sons. They believe in supporting one another and enjoy spending time together. Laura's youngest son, Salvador, began experiencing symptoms of mental illness in his teens. "It was a very lonely world when our son Sal, 14, started experiencing symptoms of a serious mental health condition," Laura remembers. "We were on constant high alert and didn't know how to help him other than to keep him safe... it was exhausting," She recalls.

Thanks to donors like you, Laura and her husband found NAMI SCC's free Family Support Group. And, she says, "this is where life began."

Laura and her husband also completed NAMI's 8-week Family-to-Family class. **Through participating in NAMI's peer-led groups and classes, Laura's family learned vital communication skills, facts about the science behind mental illness and, she says, "I think most importantly, we learned that this was a mental illness that was not anyone's fault."**

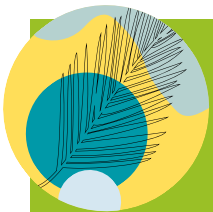
Laura went on to receive training to help other families as a NAMI peer leader, teaching both the Family-to-Family and Basics classes. **Like you, Laura wants other families to find the strength, knowledge and empowerment that her family found through the NAMI community, which we lovingly call the NAMI Family.** She believes that, "Education is power and being with people who are making it through these challenges can be even more powerful. Group wisdom is invaluable and infinite."

Your giving helps families like Laura's to heal and to thrive - read on!

Hope. Inclusion. Empowerment. Compassion. Fairness

542 Ocean Street, Suite F, Santa Cruz, CA 95060

(831) 824-0406 • www.namisc.org • info@namisc.org • Tax ID # 77-0002878



New Class Added for Spanish Speakers Thanks to YOU!



Because of your generous support, NAMI Santa Cruz County now has **five** flourishing Spanish language programs:

- Spanish Help Line, offering live support to those in crisis
- Weekly Family Support Groups in Spanish (Grupo de Apoyo)
- NAMI at Salud, supporting patients at Salud Para La Gente
- Family-to-Family Class in Spanish
- Peer-to-Peer Class in Spanish (**brand new this spring!**)

Through these programs, Spanish-speaking individuals and families receive culturally-responsive, immediate and ongoing support to learn about mental illness and navigate the system of care. Your gifts provided crucial resources, compassionate services and the lifeline of hope for Latinx community members.

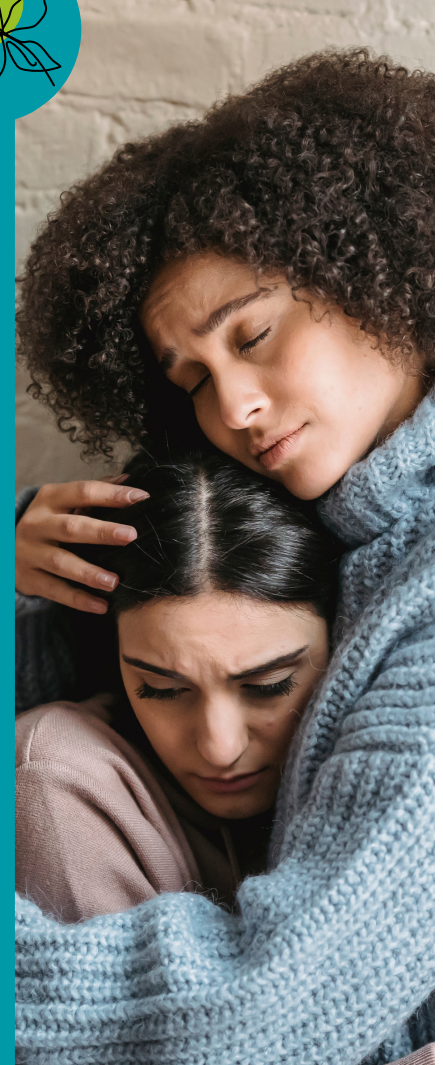


Families Found Resources & Hope in Family-to-Family Classes

Your gifts made it possible for 20 families to complete the 8-week class this winter. Your generosity provided crucial support for family members who have a loved one with a mental health condition. Through this class, they learned facts about mental illness, resources to support their loved one, and tools to build resilience, cope and find a balance.

“NAMI Family-to-Family has given me a community of people who completely understand the ups and downs of being a family member of someone who has a mental illness. There is validation of feelings, sharing sadness, inspiration of hope and joy, and just all around kindness! I so appreciate the time the class leaders took to prepare for each class and guide us through our own journeys.”

Family-to-Family Class Participant, Winter 2022



Help more individuals and families to get the support they need.
Make a life changing gift TODAY at www.namisc.org/donate

