

Family Member Support Groups

Mid-County Meeting

Every 3rd Tuesday, 7-9 PM
Unitarian Universalist Fellowship
6401 Freedom Blvd, Aptos
728.8661

West Side Meeting

Thursday 7-8:30 PM
Community Connections S.C.
300 Harvey West Blvd
427.8020

HOPE Bipolar Support Group

For consumers and supporters
2nd & 4th Tuesdays, 6:30-8:15 PM
SC Bible Church • 440 Frederick St.
336.5740

NAMI Support for Parents of Children & Youth

(age 17 and younger)

Tentative Schedule:

1st Friday • 12:30 PM

4th Thursday • 11:30 AM

at the Old Sashmill in Santa Cruz

For more information, contact Emily at ebc73@comcast.net or 476.1020

Client Support Groups and Services

Depression & Bipolar Alliance

Women's Group • 3rd Thursdays
Co-ed Group • 4th Thursdays
Sutter Maternity & Surgery Center
2900 Chanticleer Ave. in the
1st Floor Orthopedic Waiting Room
335.9263

NAMI Peer Connections Recovery Support Group

Every Wednesday
1:00-2:00 PM

MHCAN: Mental Health Client Action Network
1051 Cayuga St. in Santa Cruz
www.mhcan.org • 469.0462

Community Connections

www.ccsantacruz.org • 425.8132

General Membership & Speaker Meeting

Consumers, family members, health care providers and other community members are welcome and encouraged to attend

Please join us for an evening of networking and information

ASK THE DOCTOR:

DR. JEFFEREY BUENJEMIA

MEDICAL DIRECTOR, PSYNERGY PROGRAMS, INC.

Dr. Buenjemia will present information and answer your questions about new medications and side effects, and how families and psychiatrists can work better together to support treatment and recovery for mental illness.

Wednesday, May 16

6:30 PM – Social Networking
7:00 -8:30 PM – Meeting and Speaker Presentation

Live Oak Senior Center

1777 Capitola Road, Santa Cruz
Near the corner of Capitola Road and 17th Avenue

Dr. Buenjemia, Doctor of Psychiatry, believes that recovery from mental illness is more effective when a cohesive set of supports and services are available to the client. He practices this theory in his work as the Medical Director for Psynergy Programs, Inc., where he is involved with patient interviews, pharmacology, and psychotherapy.

Join us for these Upcoming Events!



A Community Walkathon for Non-Profits & Schools

Saturday, May 12, 2012

7:00 AM – 1:00 PM

Natural Bridges State Park in Santa Cruz

Join the NAMI Santa Cruzers-353 Team at
www.humanracesc.org



A Community Walkathon for Non-Profits & Schools

Saturday, June 2, 2012

7:00 AM – 1:00 PM

Lindley Meadow, Golden Gate Park
In San Francisco

Registration instructions at
www.namiwalksfbay.org or contact
Melissa Watrous at 831.247.6825 or
melissawatrous@pacbell.net.