

## Family Member Support Groups

Share experiences, find hope, strength, & find ways to become functional & healthy

### West Side Support Group

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

### Mid-County Support Group

Every 3<sup>rd</sup> Tuesday, 7-8:30 PM  
Unitarian Universalist Fellowship  
6401 Freedom Blvd, Aptos  
427.8020

### NAMI Support for Parents of Children

(age 17 and younger)  
1<sup>st</sup> Friday • 12:30 PM  
4<sup>th</sup> Thursday • 11:30 AM  
at the Old Sashmill in Santa Cruz  
For more information, contact Emily at [ebc73@comcast.net](mailto:ebc73@comcast.net) or 476.1020

### HOPE Bipolar Support Group

For individuals with Bipolar or Depression and their family and/or friends. Christian Based.  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 6:30-8:15 PM  
SC Bible Church • 440 Frederick St.  
Room # 21 • 336.5740

### Parents with Hope Support Group

For parents or relatives of individuals with addiction & mental health issues..  
The group is registered with the national Al-Anon Family Groups & meets Sundays from 6:30-7:45PM at the Inner Light Center, 5630 Soquel Drive in Soquel.  
For information: Rachel at 688.1792

### Attention Deficit Disorder Support Group

2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month (except holidays) at Mar Vista Elementary School. 6:30 to 8:00 PM  
Group is for anyone with ADHD or those who love them.  
For information: Judy Brenis [jbbrenis@comcast.net](mailto:jbbrenis@comcast.net) • 684-0590

## November Membership & Speaker Meeting

Family members, individuals with a mental illness, health care providers, and all other community members are welcome and encouraged to attend. No cost.

Please join us for an evening of information.

### ANXIETY AND DEPRESSION: THE BODY, MIND AND SOUL APPROACH TO COPING WITH ANXIETY AND DEPRESSION

WITH GUEST SPEAKER

## RAMONA SMITH, NP

Wednesday, November 28, 2012

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

Live Oak Senior Center  
1777 Capitola Road, Santa Cruz

**Directions:** From Highway 1, take the Soquel Avenue exit (#439) and turn onto the frontage road going toward Capitola. Turn right on 17th Avenue, then left on Capitola Road and look for the Senior Center on your left.

The health of your mind and spirit and your sense of connection to your community has an immense impact on the health of your body. Depression and Anxiety can be rooted in medical conditions and stress can rob us of quality of life. What else can affect our mood? Can our attempts to manage with caffeine, sugar, alcohol and nicotine sabotage our efforts for health? Hopefully you will leave with a sense of hope and new ideas for wellness. Ramona Smith is a Nurse Practitioner currently in private practice in Santa Cruz. Her background includes five years with County Mental Health and over 12 years at the Santa Cruz Health Services Agency assigned to the Jail Medical Department. She supervised and managed the Detention Medical Service for many years and worked with very disabled clients with serious mental illnesses as well as milder conditions. As a Registered Nurse since 1975, Ramona has a varied background in women's health, flight nursing, inpatient psychiatric care and surgery. Ramona has an interest in helping those challenged by substance abuse, anxiety and depression. Her practice places emphasis on empowering clients to own the experience of wellness. Evaluation of the body, mind and soul is an essential journey towards healing. [www.smithnp.org](http://www.smithnp.org)

“Ramona Smith is an extremely talented clinician with a broad background in health and wellness, mental health and addiction, as well as emergency medicine and surgery. She is a committed client and family advocate and healer with a range of amazing skills and insights into health.”

Rama Khalsa, retired Director of Health Service Agency, Santa Cruz County



## Client Support Groups

### NAMI Peer Connections Recovery Support Group

Every Wednesday  
1:00-2:30 PM

### MHCAN: Mental Health Client Action Network

1051 Cayuga St. in Santa Cruz  
www.mhcan.org • 469.0462

### HOPE Bipolar Support Group

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### (DBSA) Depression & Bipolar Support Alliance

Santa Cruz Women's Group  
Lois Roth (831) 246-0877  
feltongemlady@yahoo.com  
dbsalliance.org

### "Mood Matters" at MHCAN

Mondays 6:30-8:00 PM  
Steve Wiesinger (831) 246-1893  
or Jesika (408) 489-6377

## Education Programs

### NAMI Family-to-Family Education Program

This excellent  
12 week educational program  
helps families  
and friends to understand  
and help their loved ones.  
Call 427.8020 for  
information or to  
get on the waiting list.

### NAMI Peer-to-Peer Education Series

The Peer to Peer class is a 10 week  
series taught by individuals who are  
experienced at living well with a  
mental illness, for individuals who  
live with a mental illness.  
MHCAN, 1051 Cayuga St.  
If you are interested please  
contact Carol at cjna@comcast.net,  
or leave message at 427-8020



## NAMI's Joanne Yablonsky Be the Difference Award Of the Volunteer Center Of Santa Cruz County

NAMI's own, wonderful, Joanne Yablonsky was honored at the Be the Difference Awards Ceremony and luncheon at the Coconut Grove Ballroom on Oct 23, 2012.

Joanne is an outstanding NAMI volunteer. As an enthusiastic Coordinator of the Family to Family Education Program and with her love for NAMI's mission, Joanne has built a strong Family to Family program. Because of Joanne and her amazing team of teachers, NAMI now presents six classes per year, including the new BASICS class for parents of youth, and a Family to Family class in Spanish. Joanne also volunteers as a NAMI Support Group Facilitator, offering her compassion, wisdom, humor, and support to families and friends.



*Joanne Yablonsky (3rd from right) receives the "Be the Difference" award from the Volunteer Center.*

*Many thanks to Joanne, and to this year's teachers including Susie Warrens, Richard Fairhurst, Beatrice Easter, Ann Lowery, Emily Chapman, and Jessica Lowe-Wilson. Also, we thank all of NAMI's volunteers, who make all the difference in the world to this important work.*

## Highlighting the Aptos (Mid County) Support Group



*Susun Gallery*

Need to do some problem solving? Want help to reinforce your own positive direction, or solve the dilemmas you may face with your loved one? Not sure where to go now that you've completed your Family to Family class? Or perhaps you just need the warmth and companionship of other NAMI friends who understand, to keep you strong and hopeful?

The Aptos group welcomes a new facilitator, Susun Gallery, who is a NAMI F2F teacher and certified group facilitator. She is an art teacher in the Santa Cruz community, and has loved ones of her own suffering with mental illness. This group uses the same NAMI format as the weekly West Side group:

non-critical, loving acceptance. All meetings are held in confidence and they are always free...with tea!

**When: The third Tuesday of every month at 7pm**

**Where: United Unitarian Fellowship of Santa Cruz, at 6401 Freedom Blvd., on the right just 1.2 miles off of Hwy 1, past Aptos High School.**

If you would like to get on the reminder list, email a message to Susun at: [susun@susungallery.com](mailto:susun@susungallery.com). *Hope you can join us!*

## NAMI AND MHCAN JOIN TO PRESENT

*A special collaboration between volunteers from the National Alliance on Mental Illness of Santa Cruz County and the Mental Health Client Action Network*

# 8th Annual Holiday Giving Project

Dear Friends,

Your generosity is greatly needed this holiday season.

Volunteers from NAMI-SCC and MHCAN will join together on December 15<sup>th</sup>, 2012 to provide a great holiday meal, gifts, and good cheer to local people who are living with mental illness. This is a very special annual event of holiday spirit, with musical entertainment and Santa's gift room for all.

Over 225 people with mental illness attend this celebration, many who do not have families to be with over the holidays. Most live on a very limited budget. Some are homeless.

Your financial donation is requested to help pay for the food and for the many gifts of new jackets, along with socks, rain ponchos, toiletries, and other useful items.

Please make your donation check payable to NAMI-SCC and mail to NAMI-SCC, P.O. Box 360, Santa Cruz, CA 95061.

If you wish to volunteer to help with food, bring a cooked turkey, or a pie, stuffing, potatoes, etc., contact Tina at 345-0053. To help with the gift project, contact Carol at [cjna@comcast.net](mailto:cjna@comcast.net) or 229-2675.

Thank you for sharing your love, kindness and caring in this special way.

The NAMI / MHCAN Holiday Giving Committee

NAMI-SCC, P.O. Box 360, Santa Cruz, CA 95061  
831 427 8020 [www.namisc.org](http://www.namisc.org)

MHCAN, 1051 Cayuga St. Santa Cruz, CA 95062  
831 469 0462 [www.mhcan.org](http://www.mhcan.org)

*This poem was written by NAMI SCC Family - to - Family teacher Michelle Kraft, as a tribute to her brother Chris. Chris struggled with schizophrenia and died from untreated prostate cancer, at age 44, on October 12, 2012. Michelle wrote this on behalf of Chris, an expression of his loving spirit.*

I lived my life trying to squelch the condemning voices in my head  
Remembering what life was like before the break  
I longed for a day of peace and quiet, but dealt with fear and paranoia instead  
I yearned for close friends, but getting too close was a chance I could not take.

I learned to keep my voices to myself, filled with shame and remorse  
For thoughts that were morbid and fears too real to imagine  
Surely no one could love me, dare I ever complain to the Source  
Stigmatized and demoralized by a society with little compassion

I lived in many different facilities and group homes throughout  
In and out of hospitals that offered multiple procedures and medications  
I added doctors and hospitals to the list of mistrust  
For no matter what remedy was tried, I never felt well with these allocations

But what I know for sure is the power of Love  
And the graces and blessings from God up above  
Taking each day at a time with no guarantee  
And meet new people with enthusiasm and smile happily

My curriculum in Life did not earn me a degree  
Nor did it grant me the privilege of driving or to live independently  
My studies were much greater than what I thought I could bear  
But my lessons learned were so valuable I thought I should share

Make yourself a promise to love someone you fear or despise  
Take time to know them as if in their shoes  
You may discover more richness in Life, and become all the more wise  
Go ahead and try it—what do you have to lose?

Relationships are the heart of what really counts  
Respecting other people that you don't understand  
Focus your thoughts on service to others instead of yourself  
Praise God for what is working and the doors that open grand

My beauty for ashes was celebrating the small miracles each day  
While overcoming challenges with courage and strength  
Remember me in the morning when you see a colorful sunrise  
I painted this canvas of hope for you to soothe your dismay

Remember to care for those without voices or who cannot see  
Become their advocate voice or vision to perceive  
To believe in a world where the lessons we learn  
Are meant to be shared with all of those concerned.



“I Love You All”  
By Michele Kraft, sister





Santa Cruz  
County

National Alliance on Mental Illness

P.O. Box 360 • Santa Cruz, CA 95061

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ADDRESS SERVICE REQUESTED

**Please Join or Renew Your NAMI-SCC Membership!**

NAMI's ability to provide education, support, and advocacy is strengthened with each and every new and renewing member. The collective voice of our members gives us greater influence over local, state, and national lawmakers, and others who hold the future of mental health treatment in their hands. Please support our programs by renewing your membership or becoming a new member today. Thank you!

Member Name \_\_\_\_\_ e-mail \_\_\_\_\_

Second Name \_\_\_\_\_ e-mail \_\_\_\_\_  
(Spouse or other)

New Membership Member Phone \_\_\_\_\_

Membership Renewal \_\_\_\_\_

Mailing Address \_\_\_\_\_

This is a new address

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I am interested in volunteer opportunities with NAMI-SCC.

**Membership Dues**  \$35 - Individual/Family \$ \_\_\_\_\_

Check 1 box and write the amount on the line to the right  \$3 - Client/Low Income \$ \_\_\_\_\_

I would like to make a donation to NAMI-SCC:

To support free programs and services for people coping with mental illness and their families. Donation Amount \$ \_\_\_\_\_

In honor of \_\_\_\_\_ Donation Amount \$ \_\_\_\_\_

If you would like us to notify someone of this donation, please enclose an envelope addressed to that person with this form and your donation check

I would like to make a donation to the  Holiday Party Donation Amount \$ \_\_\_\_\_

Human Race  NAMI Walks Fundraiser

Total Amount Enclosed \$ \_\_\_\_\_

Please make your check payable to NAMI-SCC and mail to:

**NAMI-SCC • P.O. Box 360 • Santa Cruz, CA 95061**

NAMI-SCC is a 501(c)3 Nonprofit Organization Tax ID#77-0002878

**Thank you for your support!**