

Family Member Support Groups

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 3rd Tuesday, 7-8:30 PM
Unitarian Universalist Fellowship
6401 Freedom Blvd, Aptos
427.8020

NAMI Support for Parents of Children and Adolescents

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

HOPE Bipolar Support Group

For individuals with Bipolar or Depression and their family and/or friends. Christian Based.
2nd & 4th 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.
Sundays from 6:30-7:45 PM
at the Inner Light Center,
5630 Soquel Drive in Soquel.
For information: Rachel at 688.1792

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

For more information:
www.namisc.org
831-427-8020

January 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.

HEALTH CARE REFORM, YOU AND YOUR FAMILY

WITH GUEST SPEAKER

RAMA K. KHALSA, PH.D.

Wednesday, January 16, 2013

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.

There are many positive changes scheduled to begin in 2014 with Health Reform. This will benefit individuals with no insurance, MediCal, Medicare, and those who are working whose employers do not cover them. It will be a major step towards universal coverage. It is worth getting informed in advance. Dr. Rama Khalsa will be doing our January presentation on this topic and bringing materials and answering questions to help NAMI members and families make informed choices about their insurance options. There will also be changes related to new parity legislation which requires that health insurance cover mental health and substance use disorders in the same way as they do physical health (same copays, deductibles, pharmacy, and range of services). All of these are significant changes that we will be covering at our January 16, 2013 speaker meeting. Please feel free to come and bring friends and family.

Rama K. Khalsa, Ph.D. served as Mental Health Director in Santa Cruz County for 16 years and served as Health Director for 10 years. She is continuing to work on policy and program issues statewide and has been assisting with preparations for health reform.

Holiday Party a Great Success

Many, many thanks to all of you donors and volunteers who made the NAMI and MHCAN Holiday Party a big success, providing a beautiful meal, music, and gifts to about 280 of our community members who are affected by mental health challenges. It was an amazing event. Over 40 wonderful volunteers took on a task of some sort. Volunteers decorated, brought and served food, worked on the kitchen crew, purchased or wrapped gifts, helped guests choose gifts, moved furniture, did clean up, and more.

Your support made this event possible, a true expression of love, joy, and holiday spirit.