



Santa Cruz County



831.824.0406
WWW.NAMISCC.ORG

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NAMI SANTA CRUZ PRESENTS

Advances in Treatment of Depression

Family Support Groups

THURSDAY NIGHT SUPPORT GROUP FOR FAMILY MEMBERS

NAMI's Family Support Group provides opportunities for family and friends of people living with mental illness to explore ideas and support one another. Every Thursday, 7-8:30 PM * Live Oak Family Resource Center, 1740 17th Avenue, SC • (831)824.0406

FAMILY OF YOUTH and YOUNG ADULTS

1st and 3rd Thursday from 6:30 - 8:00 PM; NAMI SCC Office: 542 Ocean Street, Suite F (upstairs), Santa Cruz. For more info, contact Emily @ ebc73@comcast.net or (831) 476-1020

NAMI Family Support Group for Spanish Speakers

1st Tuesdays at 7:00 to 8:30 p.m. Mariposa Wellness Center, 10 Carr Street, Watsonville (at corner of Beach Street)

Facilitators are Spanish speaking. Child care may be available. Please call the Mariposa Center at (831) 768-8132

HOPE Bipolar Disorder and Depression Support Group

A Christian-based group for those coping with bipolar disorder or chronic depression, as well as families and friends of those coping with these mental illnesses.

Every Tuesday of every month 6:30-8:15pm, Santa Cruz Bible Church, 440 Frederick St., Santa Cruz, Room 20, 2nd floor of the Worship Center Call (831) 336-5740 for more information. All are welcome, of all beliefs.

Other Groups pertinent to NAMI namiscc.org/other-groups.html

Weds. May 15, 2019

6:30 Meet and Greet

7:00 PM to 8:30 Program & Q/A

Simpkins Swim Center

979 17th Ave
Santa Cruz

Refreshments will be served !

Come learn about new theories on what causes mood and anxiety disorders as well as advances in treatment of Depression and Anxiety. Emphasis will be on new research and developments in neurosciences including

Neuromodulation and Transcranial Magnetic Stimulation and also on updates on Pharmacogenomics "Personalized Medicine". Review of the recent approval of Esketamine Nasal Spray for Treatment Resistant Depression (TRD) and other novel treatments.

Presented By:

Saad A. Shakir, M.D., D.L.F.A.P.A.

Dr. Saad A. Shakir, MD is a Neuro-psychiatrist in the San Francisco Bay Area. He is board-certified by the American Board of Psychiatry and Neurology and also a distinguished life fellow of the American Psychiatric Association. He is the founder of Integrated Clinical Neurosciences & Silicon Valley TMS and an Adjunct Clinical Associate Professor, Emeritus of Psychiatry and Behavioral Medicine, at Stanford University School of Medicine. He enjoys teaching about Depression, Anxiety, Bipolar disorders, and ADHD to providers and community members.

For more information, please see:

www.siliconvalleytms.com



Please Note

This Speakers Meeting will be held at Simpkins Swim Center rather than the usual Live Oak Senior Center location.



Upcoming Events

Free Medical Care

1st Come - 1st Serve

Soquel Conference Center

1931 Soquel San Jose Road, Soquel

June 8, 2019 7am - 4pm

June 9, 2019 7am - 2pm

Lift Line Pickup Locations & Times:

WIC Parking Lot 18 W Lake Ave, Watsonville

7:00am|10:00am|12:00pm

Watsonville Health Center 1430 Freedom Blvd

7:30am|10:30am|12:30pm

Capitola Mall and Metro Bus Stop 1855 41st Ave

8:00am|11:00am|1:30pm

Costco Parking Sylvania Ave and Harvey West Blvd

7:30am|10:30am|1:00pm

559.284.3050 * www.LifeHopeCentersCentral.com

Services Offered:

Free Dental Care

Cleanings

Fillings

Extractions

Free Medical Screenings

Glaucoma Check

Blood Pressure Check

Pulse Check

Lifestyle Coaching

Free Eye Care

Comprehensive Exam

Fitting for Free Glasses

Other Care Offered

Free Hair Cuts

Diabetes Information

Blood Pressure Control

Nutrition



AIM for Mental Health Scientific Symposium

For more information visit: <https://aimformentalhealth.org/scientific-symposium/>

May 15, 2019 - AN EVENING WITH THE BEST AND THE BRIGHTEST

Join AIM for an evening with the best and the brightest minds in youth mental health.

After a day of think-tank sessions and strategic planning, the AIM Scientific Advisory Board and guests within the youth mental health sector will convene for an evening with a dinner at a private club in Pebble Beach. You are invited!

The cocktail reception will begin at 5:30 pm with passed hor d'oeuvres and a silent auction followed by a dinner featuring the top doctors discussing the state of youth mental health and providing critical insights on how we can move towards a better future for our children.

May 17, 2019 - AIM Scientific Symposium

Sunset Center in Carmel. 

Featuring presentations from the top doctors in youth mental health on the latest advancements in research and treatment. Visit <https://aimformentalhealth.org/scientific-symposium/> to see the featured doctors and their discussion topics.

Healthy Volunteers Age 18-30 Needed for a Study

An investigation into important blood biomarkers that could revolutionize how schizophrenia and schizoaffective disorder are diagnosed and treated.

In association with

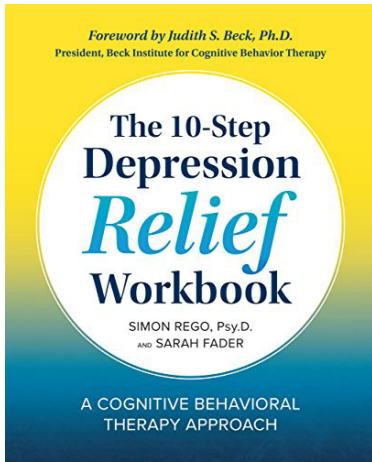
Stanford Medicine and Inspire Clinics

Please Contact Dr. Kalinowski

(650) 721-4413 to participate

(Participant rights question, contact 1 866 680-2906)





Inside the Depression Relief Workbook

A Personal Plan providing guidance and relief for anyone suffering from mild to moderate depression, for use on their own, or in tandem with a larger therapy program.

A 10-Step Strategy to get better applying the most effective tools of CBT therapy to understand, identify, and break negative thought patterns.

Life changing exercises that help you define, combat, and overcome depression through activities, worksheets, questionnaires, and opportunities for reflection.



An Introduction to the Hearing Voices movement: Voices, Visions, Special Messages & Unusual Beliefs

**Saturday, May 18, 2019, 10am to 5pm
@ South Berkeley Senior Center,
2939 Ellis Street, Berkeley**

Do you experience voices, visions, special messages, unusual beliefs or extreme states of consciousness? Do you love or work with someone who has any of these experiences? Join us for a one-day workshop.

Cost: \$45 for family members, clinicians, and caregivers

Free for those with lived experience

Lunch Included!

Trainers:

Caroline Mazel-Carlton is Director of Training for Western Mass Recovery Learning Community.

Cindy Marty Hadge is a Lead Trainer for Western Mass Recovery Learning Community.



Education Classes

■ **NAMI Family to Family**

This 12-week educational program helps friends and families to understand and help their loved ones. Offered in English and Spanish. Signup online <https://www.namisc.org/family-to-family.html> or contact the NAMI Office at 831.824.0406.

■ **NAMI Peer to Peer**

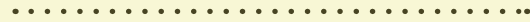
The Peer to Peer class is a 10-week series taught by individuals who are experienced at living well with a mental illness. Signup online <https://www.namisc.org/peer-to-peer.html> or contact the NAMI Office at 831.824.0406.

■ **NAMI BASICS**

This 10-week educational program is designed for parents and caregivers of youth (10-17) to understand and help their loved ones. Offered in English and Spanish. Signup online <https://www.namisc.org/nami-basics.html> or contact the NAMI Office at 831.824.0406.

■ **NAMI Provider Education Program**

For all professionals who want to understand more about serious mental illnesses. Taught by a panel of a professional therapists, providers, people living with a mental illness, and family members. Call 824.0406 to be put onto wait list for October 2019 class.



Presentations

■ **In Our Own Voice**

Community presentation designed to create understanding and compassion. NAMI 824.0406

■ **Ending the Silence and Parents and Teachers as Allies**

Middle and High School presentations for students, teachers and parents. NAMI 824.0406

