

APRIL 2020 | VOLUME 51 | ISSUE 4

HOPE STARTS WITH YOU



*a note
from your
executive
director...*

Friends of NAMI Central Iowa,

You are not alone. Even at this time when we have been encouraged to stay at home, at NAMI Central Iowa we want you to know you truly are not alone!

You may recall that our Nami Central Iowa Wellness Center closed its doors to our peers at three PM on St. Patrick's Day. Even after limiting our attendance to ten or less and trying to keep our social distance, it was just not realistic or attainable. This decision was made with the goal to continue to meet the needs of our peers and public but in a safe way. So, what exactly are we doing? Click the yellow box below to find out!

[CLICK HERE TO SEE WHAT WE ARE DOING DURING COVID-19](#)

NAMI
CENTRAL
IOWA
MAY
WE TALK
EVENT



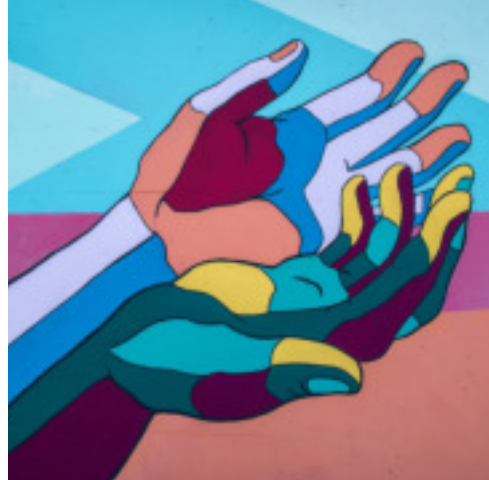
NAMI Central Iowa's **MAY We Talk Event**, is unfortunately postponed until further notice due to the COVID-19 pandemic. We hope to reschedule this event this summer. We also plan on bringing this documentary to the 11-counties we serve: Greene, Boone, Story, Marshall, Hamilton, Hardin, Franklin, Jasper, Poweshiek, Warren and Madison.



Supported by the
Ames Convention & Visitors Bureau
Community Grant Program

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CLASSES & SUPPORT GROUPS



JOIN A NAMI SUPPORT GROUP ONLINE!

HOW DOES IT WORK?

1. Please click the **"REGISTER HERE"** button
2. Complete the registration form and email it to NAMI Central Iowa namiofci@gmail.com
2. Need help? Call us and we will register over the phone. 515.292.9400
3. A facilitator will reach out to get to know you better and answer any questions.
4. You will be sent a ZOOM meeting invitation with a confidential link and password.
5. Join us on that meeting date and time!

We are limiting our Support Group sizes to 15 attendees, first come, first served. We hope to help many throughout these unusual times. Please know, our support groups are priority for individuals in the following counties: Greene, Boone, Story, Marshall, Hardin, Hamilton, Franklin, Jasper, Poweshiek, Madison and Warren. If you live outside our county, we will help you find support near you. New online and phone support groups are emerging every single day. **YOU ARE NOT ALONE!**



Do you have a child under 22 years of age with mental health conditions and you are not sure what to do? Join the online class and learn at your own pace and at your own time!

NAMI FAMILY SUPPORT GROUP

NAMI Family Support Group is a peer-led group for adult family members, caregivers, and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

ZOOM NAMI FAMILY SUPPORT GROUP

Where: The comfort of your own home! Via ZOOM
Call 515.292.9400 or namiofci@gmail.com to pre-register
Time: 7:00 pm
When: Now EVERY Thursday of each month!
Pre-Registration is required

[REGISTER HERE FOR FAMILY SUPPORT GROUP](#)

CONNECTIONS RECOVERY PEER SUPPORT GROUP MEETING DAYS AND TIMES

Every Monday 4:30 - 6:00 pm
Every Thursday 2:00 - 3:30 pm
Every Saturday 5:15 - 6:45 pm
Every Tuesday 6:00 - 7:30 pm

[REGISTER HERE for CONNECTIONS SUPPORT GROUP](#)

AMES DAD'S COFFEE GROUP

Not meeting at this time

CONNECT WITH US ON SOCIAL MEDIA

For more frequent updates on NAMI Central Iowa, follow us on social media.

Facebook: NAMI Central Iowa | Instagram: namicentraliowa

OR, just click the icons below to be directed to our pages!





RESOURCES TO HELP YOU THROUGH THIS

CLICK on the BOXES below for these helpful resources!

[UNITED WAY STORY COUNTY COVID-19 RESOURCES](#)

[24-HOUR CRISIS LINE & MOBILE CRISIS](#)

[IOWA WARM LINE](#)

[RENT & UTILITY ASSISTANCE](#)

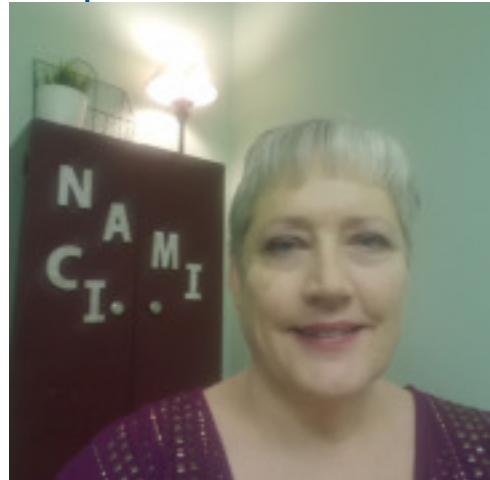
[STORY & POLK COUNTY MENTAL HEALTH PROVIDERS](#)

[NAMI COVID-19 MENTAL HEALTH GUIDE](#)

MEET OUR STAFF

Hi! My name is Vicki Oler and I am the new Office Assistant at NAMI Central Iowa. You will catch me working at the office 3 morning out of the week, well, except now, I am working from my home in . . .

[CLICK HERE TO READ MORE ABOUT VICKI](#)



BECOME A
MEMBER OF
NAMI-CI

MEMBERSHIP MATTERS

Every membership matters at the local, state and national level.

Click on the 2020 MEMBERSHIP / DONATION FORM to read about your member benefits and why MEMBERSHIP MATTERS!

[JOIN ONLINE](#)

NAMI CENTRAL IOWA NEWSLETTER

The NAMI-CI Newsletter is e-published monthly printed as requested by NAMI Central Iowa.

NAMI-CI is dedicated to improving the lives of individuals and families affected by mental illness. Our mission is to provide them with support, education, and advocacy. NAMI-CI is a United Way partner agency and is an affiliate of NAMI Iowa and NAMI, National.

To make changes to your contact information, to receive your newsletter by email/mail, or if you no longer wish to receive the NAMI-CI newsletter, email or phone the NAMI-CI office at namiofci@gmail.com or 515-292-9400.

SUPPORT US: NAMI Central Iowa is a charity registered with **Amazon Smile** and the **Hy-Vee Reusable Bag Giving Program**. NAMI Central Iowa is a Partner Agency of the **United Way of Story County**. NAMI Central Iowa's Educational Endowment is with the **Story County Community Foundation**. (Click on any of the names listed to learn more!)



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[Unsubscribe here](#). No hard feelings!