

Happy New Year!

A new year often times brings new resolutions. Two most common are to diet and exercise more. While we all should eat healthy and exercise daily, when you make it part of your yearly resolution ensure you make reasonable attainable goals. Achieving goals are possible, if you do not make them so lofty and put so much pressure on yourself.

-Lisa Heddens

NAMI CI Executive Director



Save the Date

NAMI Central Iowa Annual Trivia Night

WHEN:

March 24, 2018

WHERE:

Ames City Church
2600 Oakwood Rd, Ames

TIME:

Doors open at 5:00pm

Trivia Begins at 5:30pm



Free Services Offered by NAMI Central Iowa

DAILY

Support and activities for persons with mental illness at the Mental Health Wellness Center, Monday to Friday, 1-4PM

WEEKLY

NAMI Connection support group for persons with mental illness

Thursday 2-3:30PM Wellness Center

MONTHLY

Educational meetings featuring local specialists speaking on topics relating to mental health 3rd Tuesday of the month at 7:00PM (location varies, see events page online)

Support group for family members 4th Thursday of the month at 7:00 PM

YEARLY

Educational classes offered for persons with mental illness and family members

- Family to Family for family members of adults with mental illness
- Peer-to-Peer for adults with mental illness
- Basics for parents and caregivers of children and adolescents with serious mental or emotional disorders

All activities and the office are located at 416 Douglas Avenue, Suites 203/205 in Ames, Iowa

HAVE QUESTIONS OR NEED HELP?

Call the office at 515-292-9400 or email at namiofci@gmail.com.

NAMI BASICS

NAMI Basics is a free six-week group education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed. The course is taught by a trained team with lived experience and provides critical strategies for taking care of your child and learning the ropes of recovery.

CLASS BEGINS: Wednesday, March 21, 2018 to April 25, 2018

WHERE: NAMICI Center – 416 Douglas Ave, Ste 205

TIME: 6:30pm – 8:30pm

CONTACT NAMICI for more information or to register for the class.

namiofci@gmail.com or 515-292-9400

Join one of our NAMI Family Support Groups!

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.

WHERE:

NAMICI Wellness Center
416 Douglas Ave, Ste 205
Ames, IA 50010
Phone: 515-292-9400
Email: namiofci@gmail.com

TIME:

7:00 pm

WHEN:

4th Thursday of each month

WHERE:

Skiff Medical Center, South Board Rm
204 N 4th Ave. E
Newton, IA 50208
Phone: 641-521-0979

TIME:

7:00 pm

WHEN:

3rd Thursday of each month

Family Support Group Training

The Family Support Group (FSG) Training session for those interested in becoming FSG facilitators will take place in Ames, IA on February 3-4, 2018. You must be a family member or caretaker with lived experience to take the training.

NAMI Family Support Group is a peer-led group for adult family members, caregivers, and loved ones of individuals living with mental illness.

Those interested in the FSG Training should contact NAMI CI Executive Director Lisa Heddens via email (namiofci@gmail.com) or phone (515-294-9400) for an application. **Deadline to register is January 26, 2018.**

Join us for NAMI Day on the Hill

**February 21, 2018
10:00am-4:00pm**

*For more information and
to register, go to:
namiowa.org*

Crisis Intervention Team (C.I.T.) Training

C.I.T. training is a law enforcement mental health response model that teaches de-escalation of mental health crisis response. The Crisis Intervention Team (CIT) program is a community partnership of law enforcement, mental health and addiction professionals, individuals who live with mental illness and/or addiction disorders, their families and other advocates. It is an innovative first-responder model of police-based crisis

intervention training to help persons with mental disorders and/or addictions access medical treatment rather than place them in the criminal justice system due to illness related behaviors. *C.I.T. training will be offered to law enforcement March 12-16, 2018 to law officers who work in the CICS Region;* which includes the counties: Boone, Franklin, Hamilton, Hardin, Jasper, Madison, Marshall, Poweshiek, Story & Warren.

Applications are available by contacting, *Lisa at namiofci@gmail.com or 515-292-9400 or Tiffany at TMeredith@storycountyowa.gov or 515-382-7255*



NAMI CENTRAL IOWA
 416 DOUGLAS AVE, SUITE 203
 AMES, IOWA 50010

CHANGE SERVICE REQUESTED

The NAMI-CI newsletter is published six times a year by NAMI Central Iowa ([NAMI-CI](#)). 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 of NAMI, the [National Alliance on Mental Illness](#).



To make changes to your contact information, to receive your newsletter by email, 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.

Becoming a member of NAMI-CI is easy. Just complete this form and mail with appropriate dues to:

NAMI-CI
 416 Douglas Ave Suite 203
 Ames, IA 50010

Membership Dues

<input type="checkbox"/> Household	\$ 60.00
<input type="checkbox"/> Individual	\$ 40.00
<input type="checkbox"/> Limited Income	\$ 5.00
<input type="checkbox"/> Extra donation	\$ _____

Member Information

Name _____

Address _____

Phone _____

Email _____

Check here to receive newsletter by email

Questions? Contact NAMI Central Iowa
 Phone: 515-292-9400 Email: namiofci@gmail.com