

## FROM THE EXECUTIVE DIRECTOR

NAMI Central Iowa has officially moved into it's new location. While we still have some boxes yet to unpack, and photos to get up on the walls, for the most part we have settled into the new location.

Change has been hard on some of the peers. While they like the larger space, it's still a change—and change can be hard.

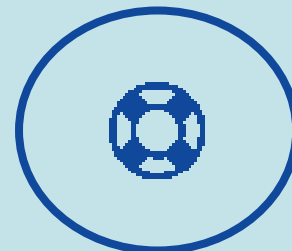
In addition to the change of moving to a new location, the peers will soon meet their new executive director as I step away from this position.

Please know that the decision to step away from NAMICI was not an easy one. I do see my new position on the Story County Board of Supervisors as an opportunity to further support and bring awareness to mental illness. I am looking forward to being part of the discussions to develop and implement a new children's mental health system in our region and to expand services for adults..

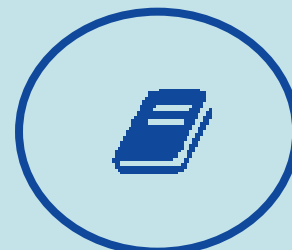
It has been an absolute joy—everyday to work for an organization that impact so many lives with support and hope.

Thank you to the Board, staff and the peers for entrusting me, during my tenure with NAMICI, to help grow the organization to better serve individuals affected by mental illness.

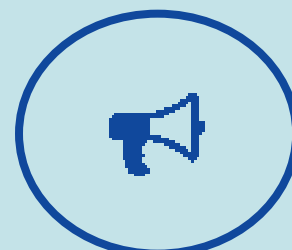
Lisa Heddens  
NAMI CI Executive Director



**Support**



**Educate**



**Advocate**

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**Look out for NAMI Central Iowa's Grand Opening & 40th Anniversary Celebration**

**August 20th, 2019 at 7:00 pm at**

**NAMI Central Iowa's Wellness Center**

**424 5th St. Ames, IA**

Contact NAMI CI at  
515-292-9400 or  
namiofci@gmail.com

# WE HAVE *moved!*

**424 5th St. Ames, IA 50010**

A big thank you to our amazing members and volunteers that have helped us get moved into our new location. We greatly appreciate all of the hard work and long hours of moving, organizing, and painting to help make this transition run smoothly. We are excited for all of the new opportunities and memories the center will bring.



## **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.

### **AMES**

Where: 424 5th St. Ames, IA  
515-292-9400 or namiofci@gmail.com  
Time: 7:00 pm  
When: 4th Thursday of each month

### **AMES DAD'S COFFEE GROUP**

Where: Café Diem 229 Main St. Ames  
515-231-1196  
Time: 10:00 am  
When: 3rd Friday of each month

### **Iowa Falls**

Where: Friendship Club 602 S Oak St. Iowa Falls  
641.939.8167  
Time: 6:30 pm  
When: 3rd Tuesday of each month

### **Newton**

Where: St. Luke's United Methodist Church  
501 E 19th St. North Newton  
641.417.9993  
Time: 7:00 pm  
When: 3rd Thursday of each month

## Did You Know...

This is Deb's 4th move with NAMI Central Iowa. She remembers starting out in a small room in the Sheldon Street Annex, and the Wellness Center starting out at Trinity Christian Reformed Church. In 2012 NAMI CI office moved to the Historical Society building upstairs, while the Wellness Center was downstairs, and later taking over the larger space upstairs. Deb attended her first NAMI CI meeting exactly 20 years ago in July. Throughout the years she has taught Family to Family, served as a board member, and served as Executive Director from 2007-2014.



"The people I met there were so helpful and supportive of my family that I wanted to get involved." - Deb Niehof

## FREE SERVICES OFFERED BY NAMI CI

### DAILY

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

### WEEKLY

NAMI Connection Recovery Support Group for persons with mental illness at the Mental Health Wellness Center Thursday 2-3:30 PM

### MONTHLY

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

NAMI Family Support Group for family members

Ames: 4th Thursday of the month 7 PM

Iowa Falls: 3rd Tuesday of the month 6:30 PM

Newton: 3rd Thursday of the month 7 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

**Unless otherwise noted, all activities take place at our office, located at 424 5th St. in Ames, IA.**

Have questions or need help? Call or email the office:

Phone: 515-292-9400

E-mail: [namiofci@gmail.com](mailto:namiofci@gmail.com)

Website: [www.namici.org](http://www.namici.org)



This year marks the 13th annual NAMI Walks Iowa event on **September 28th** at **Terra Lake Park in Johnston, Iowa.**

Join the thousands of concerned citizens in communities across the nation who will walk together to raise money and awareness to ensure vital, free NAMI programs and services are available to provide help and hope to those in need.

For more information or to join the cause please contact NAMICI at 515-292-9400 or by email at [officeassistant.namici@gmail.com](mailto:officeassistant.namici@gmail.com)

NAMI CENTRAL IOWA

JOIN US TO  
"STOMP OUT  
STIGMA"

Take part in our  
Ames 4th of July Parade Entry  
07.04.2019 | 10 am

Meet at 424 - 5th Street, Ames

Call 515.292.9400 or email [namiofci@gmail.com](mailto:namiofci@gmail.com) for more information and to reserve your NAMI Central Iowa T-Shirt



**Calling young adults to share their mental health journey.**

NAMI Ending the Silence educates and supports students and others about mental health conditions.



**Ending the Silence**

NAMI Central Iowa is looking for young adult and lead presenters to share their mental health journeys and become apart of NAMI's Ending the Silence program. The goal of Ending the Silence is to raise awareness and educate youth about mental illness and lower the stigma associated with mental health.

For more information please contact NAMI CI at 515-292-9400 or [officeassistant.namici@gmail.com](mailto:officeassistant.namici@gmail.com)



- 4th of July Parade
- July 27th– Aug 3rd Rummage RAMPage
- August 20th -NAMI CI Open House
- September 28th– NAMI Walks



**FREE Interactive On-Line Class**  
 August 8 - September 12, 2019 (Thursdays)  
 10 am - Noon  
 Apply on-line at  
<https://www.research.net/r/homefrontonline>

NAMI Homefront is an education program for family, friends and significant others of military Service Members and Veterans. The class helps families understand what the Service Member / Veteran is experiencing related to trauma, combat stress, civilian life transition, PTSD and other mental health conditions.

NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member / Veteran.

Contact NAMI Central Iowa at 515.292.9400 or [namiofci@gmail.com](mailto:namiofci@gmail.com) to receive a printed manual for the class.




### Look out for NAMI Central Iowa's upcoming Fall Family to Family course.


NAMI Family to Family is a free, 8 session educational program for family, significant others and friends of people living with mental illness. It is an evidence-based program and is taught by NAMI-trained family members who have been there. It not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you are not alone and there is hope!

**For more information on NAMI CI events please contact NAMI CI at 515-292-9400 or**

**[officeassistant.namici@gmail.com](mailto:officeassistant.namici@gmail.com)**




**Community Presentation at the Newton Public Library**



NAMI ENDING THE SILENCE is our new mental health awareness program for middle and high school youth. This special Community Presentation will showcase our entire NAMI Ending the Silence for Students program which will feature our Young Adult presenters who will each share their own personal mental health story from onset to recovery.

Come learn more about mental illness and be encouraged by these courageous college students! Appropriate for all students ages 13 - 18 and interested adults.

**Tuesday . September 10, 2019 . 6:30 pm**  
 Newton Public Library | 100 North 3rd Avenue West



## NAMI CENTRAL IOWA

The NAMI-CI Newsletter is e-published monthly and printed six times a year 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.

NAMICI 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, 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.

- NAMI Central Iowa is a charity registered with Amazon Smile.
- NAMI Central Iowa has an Educational Endowment set up with the Story County Community Foundation.



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

NAMI CI 424 5th St. Ames, IA 50010

Or register online at [nami.org](http://nami.org) by clicking "join".

### Membership Dues

_____ Household	\$60.00
_____ Regular/Individual	\$40.00
_____ Limited Income	\$5.00
_____ Extra Donation	

### Member Information

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Check here to receive newsletter by email.



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