

FROM THE EXECUTIVE DIRECTOR

When someone has a mental health condition, support from family can make a big difference. But what if you; the family member, needs support? 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.

NAMI Family Support Group will help you:

- Talk productively about your challenges and goals
- Find a community who can relate
- See the individual first, not the illness
- Recognize that mental illnesses are medical illnesses that may have environmental triggers
- Understand that mental illnesses are traumatic events
- Aim for better coping skills
- Reject stigma and not tolerate discrimination
- Forgive ourselves and reject guilt
- Embrace humor as healthy
- Accept that we cannot solve every problem
- Discover your inner strength
- Learn how to identify local resources and how to use them

If you need support, consider attending one of our Family Support Groups.

Lisa Heddens



NAMI CI PUBLIC EDUCATION PROGRAMS

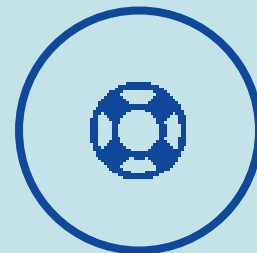
- ◆ September 18th 6:30 pm—The ARC of Story County, Ames Public Library, and NAMI CI will host a Candidates' Forum on mental health and disability issues in the Farwell T. Brown Auditorium at the Ames Public Library.
- ◆ October 16th—7:00pm—Crisis Services & Transitional Living—Presenter, Christie Krause— MGMC . Ames Public Library, PEO room.

NAMI on Campus

NAMI on Campus is a recognized club dedicated to addressing mental health issues at Iowa State University by providing resources to students, educating the campus community, and raising mental health awareness.

Monthly meetings are held in Heady Hall—room 01600 at 7:00pm.

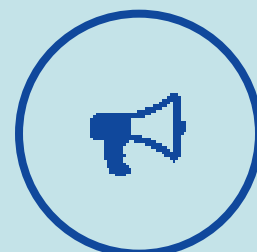
For more information contact: isunamioncampus@gmail.com



Support



Educate



Advocate

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SPECIAL POINTS OF INTEREST

- Reminder: NAMI Walks Iowa is scheduled for Sept 29 at Terra Lake Park in Johnston, IA. Registration is available now at www.namiwalks.org

As NAMI Walks celebrates its 16th anniversary, we invite you to take part in NAMI’s largest and most successful mental health awareness and fundraising event in the country.

Join the thousands of concerned citizens in over 85 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.

When you walk with NAMI, you join the movement to raise awareness of mental illness and raise funds for our mission to help individuals and families right here in our region.

NAMI Central Iowa’s team name is Stepping Out of the Shadows.

Register today and join us as we improve lives and our communities one step at a time. You can register online by clicking the link below:

<http://www.namiwalks.org/index.cfm?fuseaction=donorDrive.team&teamID=23849>

When: September 29, 2018 **Where:** [Terra Lake Park; 6300 Pioneer Pkwy, Johnston, IA](#)

Check in: 8:30 AM Interested in volunteering for the walk?

Start time: 10:00 AM Contact Lisa Heddens at namiofci@gmail.com

You are allowed to be both a Masterpiece and a Work in Progress simultaneously.

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

Time: 7:00 pm

When: 4th Thursday of each month

Iowa Falls

Where: Friendship Club
602 S Oak St
Iowa Falls, IA 50126
641-939-8167
Ask for Mary or Linn

Time: 6:30-8 pm

When: 3rd Tuesday of each month

Newton

Where: St. Luke United Methodist Church
501 E 19th St N
Newton, IA 50208
641-417-9993

Time: 7:00 pm

When: 3rd Thursday of each month

STORY COUNTY MENTAL HEALTH EXPO



What: Keynote Speaker Joan Becker |
Door Prizes | Refreshments | Local Resource Fair
When: Tuesday, September 25 6:00-8:30 PM
Where: ISU Memorial Union Great Hall
Free Admissions and Parking

ANNUAL VOLUNTEER AWARDS



Pictured Top Right: Angela and Todd Tharp receiving the Advocate of the Year Award



Pictured Top Left Bill and Barb Cobb receiving the Volunteer of the Year Award



Pictured Left: Central Iowa Community Services receiving the Outstanding Partner Award

Pictured Right: Brett Brinkmeyer receiving the Stick Your Neck Out Award



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 416 Douglas Ave Suites 203/205 in Ames, IA.

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

Phone: 515-292-9400

E-mail: namiofci@gmail.com

Website: www.namici.org

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
416 Douglas Ave Suite 203
Ames, IA 50010

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.



NAMI Central Iowa
416 Douglas Ave Ste 203
Ames, IA 50010

Phone: 515-292-9400
E-mail: namiofci@gmail.com
Website: www.namici.org

