It won't be long before summer is officially over and Fall announces its arrival with the changing of colors and falling leaves. September brings Labor Day, the autumn equinox, football season, and pumpkin spice lattes.

September is also National Recovery Month. As the month began, NAMI Pierce County received the Pierce County Council's proclamation recognizing it as National Recovery Month and celebrating all those in recovery. This year's theme, “Recovery is for Everyone: Every person, Every Family, Every Community,” is to remind us that no one is alone on their journey through recovery and that we are all in this together.

We are excited about the changes that will accompany this new season, and we look forward to the many opportunities to connect with you all in the coming months. Keep reading on to learn more about our upcoming events.

Here are some upcoming events we can do together:

- **Gathering**: Come and join us for our monthly Community Gathering on **Wednesday, Sept 15 from 6-8 pm**. Our guest speakers will be Carrie Ching, Family Support Centers Coordinator for the Tacoma-Pierce County Health Department (TPCHD), and Courtney Towne, consultant for Triple-P America. As a partner of TPCHD, it's our opportunity to share their family support programs and the very successful Triple-P program with you. Register here by copy and pasting the link: 
  https://us02web.zoom.us/meeting/register/tZMkfu2pqjMqHNSJrOZWDpOl6D1zoV7Xgm1X

- **Homeless Initiative**: The Pierce County Human Services is working on several homeless initiatives and have reached out to NAMI Pierce to get direct feedback on their plans. We have scheduled a
discussion group meeting for Thursday, September 16 at 6 pm via zoom.
Zoom Link: https://piercecountywa.zoom.us/j/92404221880
Passcode: 255106
Join by Phone: 253-215-8782 or 877-853-5247 (Toll-free)

• Farmers Market @ Point Ruston: NAMI Pierce will be distributing information about our programs and services at the Market on Sunday, September 19 from 10 am to 3 pm. Stop by our booth if you’re out shopping or come lend a hand if you have a couple of hours to spare!

• In Our Own Voice Event: In recognition of World Mental Health Day, we will be offering an In Our Own Voice (IOOV), a NAMI signature program presentation via zoom. This unique interactive presentation offers insight into the hope and recovery possible for those living with mental illness and will be presented by two members with lived experience. Come join us on Saturday, October 9th at 11 am.
Register here: https://us02web.zoom.us/meeting/register/tZ0rfqorDgvH9X3bNxE5F0P2g1HvwOQCTbX

• NAMI WA State Conference: The NAMI WA state conference is being held virtually this year on Saturday, Oct 16, and registration is now open until Oct 14. Registration fees are $25 for NAMI members, $50 for non-members, and students and persons with fixed incomes can register for $5.
For more information on the workshops or to register: www.namiwa.org

• NAMI Smarts Workshops: NAMI Smarts workshops are coming! To prepare for Lobby Day and the next legislative session in Olympia, Module 1 "Telling Your Story" will be offered on the first Tuesday of each month from October to December from 6:00-8:30 pm.
Learn more and register here: www.namiwa.org

• Crisis Intervention Training (CIT): NAMI Pierce will be providing Crisis Intervention Training (CIT) to law enforcement officers as part of their 40-hour mandatory mental health training starting in September. Due to the overwhelming response that we received for volunteers to participate in the next session, we have started a list of potential candidates for future sessions. Each session has different requirements requested by the police training academy so we’ll match your story and skills with the session’s requirements as needed. Thank you to all those who responded and were willing to participate and be part of this very important training.

Gentle Reminder:

September is also National Suicide Prevention Awareness Month. Mental health advocates and organizations, survivors, allies, and community members unite to promote suicide prevention awareness all month long. Learning about suicide prevention is a great way to educate yourself and others. Please use this month to reach out to those affected by suicide, raise awareness and help connect individuals, friends, and families to the resources they need to discuss suicide prevention.

National Suicide Prevention Lifeline: 1–800–273–TALK (8255)
Welcome to Shawnda Noone, our Program Support Coordinator!

Born and raised in the Pacific Northwest, Shawnda grew up in a small town near Mount Rainier before relocating to Tacoma where she currently resides with her husband and two dogs. A previous business owner, she is completing her BA in Psychology at UWT and hopes to pursue a Master’s degree to become a licensed therapist. As an individual with lived experience, Shawnda is a strong advocate for mental health. She likes to work in her garden, relax with her dogs, listen to records, read, hike, meditate, cook, and visit with friends.