

Our Mission

To improve the lives of the citizens of Bucks County who suffer from a serious mental illness or, as family members and caregivers, share the burden of these devastating illnesses.

Our mission is accomplished through programs designed to **support, educate** and **advocate** for individuals with a mental illness and their family members. We strive to educate the public about the true nature of mental illnesses and combat the stigma and discrimination often faced by people with these serious brain disorders.

Our programs educate individuals with mental illness to better understand their illness, stressors, and how to live in recovery. We help families to understand and be supportive of loved ones with mental illness. We also advocate for training of teachers, law enforcement, and first responders to recognize and respond appropriately to individuals with mental illness.

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ASK THE DOCTOR

Thursday, November 17, 2011 at 7:30 P.M.

David Abel, M.D.

Please join us for our November 17, 2011 Forum. Dr. David Abel will speak about the roles a psychiatrist can play in different settings. Dr. Abel will answer questions from participants about a variety of mental health topics including but not limited to child psychiatry, adult mental health, how diagnoses are made, the doctor patient relationship, residential treatment, schools, how to find or choose a psychiatrist, or other topics in the mental health field. Dr. Abel is a child and adult psychiatrist in Bucks and Montgomery Counties and serves on the NAMI Bucks Board of Directors.

**Abington Memorial Health Center, Warminster Campus
(Formerly Warminster Hospital)
Main Conference Room (Ground Floor)
225 Newtown Rd., Warminster, PA 18974
Call 1-866-399-NAMI (6264) for further information**

NAMI Bucks to Host Thanksgiving and Holiday Dinner in Lower Bucks

NAMI Bucks will be hosting a Social/Dinner for Thanksgiving and the Holidays for members of the former Lower Bucks Consumer Club. There is no charge to anyone who wishes to attend. Volunteers and donations are welcome. Please call 215-442-5637. Date and location to be determined.



**NAMI of PA,
Bucks County Chapter**

Administrator
Debbie Moritz

Board of Directors:
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Kathleen Campbell
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Carol Meholic
Secretary
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Eleanor Thomas

P.O. Box 355
Warrington, PA 18976-0355
Phone: 215-442-5637
Fax: 215-442-5638
Help Line: 1-866-399-6264
9:00 A.M. – 9:00 P.M.
E-mail info@namibucks.org
Web Site
www.info@namibucks.org

**NAMI Bucks County
Newsletter**

Letters, News Articles, and
Announcements are welcome.
Deadline for articles for our Winter,
2012 issue is January 15, 2012
Send to above address or by e-mail to
info@namibucks.org



Announcements

**NAMI of Bucks County is part of United Way Donor
Choice Program**

Donors can designate a gift to NAMI of Bucks County via a Donor Choice during United Way’s Annual Campaign. **Our organization code is #14632** and is only valid for the United Way of Southeastern Pennsylvania. **PLEASE NOTE: BE SURE TO USE THIS NUMBER IF YOU WANT YOUR DONATION TO BENEFIT THE NAMI BUCKS COUNTY, PA CHAPTER.**

**Designate NAMI Bucks to Receive Donations through
EBAY Giving Works**

Sellers on EBAY can now designate all or a portion of the proceeds from an EBAY sale to benefit NAMI of Bucks County. When listing your item, go to the [Sell Your Item form](#) on EBAY. In the "Pictures & Details" section, click the "Add" link in the area titled "Donate percentage of sale." Choose your organization “NAMI of PA, Bucks County Chapter” to receive the proceeds or a portion of the proceeds.

**WE TAKE CREDIT CARDS
Renew your Membership or Make a Donation to NAMI
of Bucks County**

You can become a new member, renew your current membership and/or make a donation to NAMI with your credit card, through the mail, or telephone. Visit our website at www.info@namibucks.org for details or call Debbie at 1-866-399-NAMI (6264) for an application.

NOTE: Since renewals are handled on a quarterly basis, you will be notified when your current membership is due to expire. Please do not renew your membership until you receive notice. If paying by check, we would appreciate if you would note in the memo section of your check whether it is a donation, membership renewal or both. We appreciate your help.

**Bucks County Caring Neighbor Sponsored by Lenape
Valley Foundation**

All people have dreams, Some dream of money, Some dream of power, Some dream of fame and fortune. However, the biggest dream for many is friendship! You can make that dream come true! You can make a difference today in the life of an individual with mental illness. Please help brighten someone’s life today. Please call 215-957-2204 for information.



Thank You for Your Contribution

We want to thank the following who have been so generous:

\$1 to \$25

Kathleen Caughie
in memory of Mary Gradel-Ciccone
Doreen Conway
in memory of Mary Gradel-Ciccone
Nancy DeLucia
Donald & Marge Green
in memory of Stacy Green
John & Paulette Labar
Geraldine Ortlip
Josefina Otero
in honor of Marge Green
Shelly Quigley

Jennifer Refford
Stanley & Charlotte Schultz
St. Charles Womens Club
in memory of Mary Gradel-Ciccone
Gerald & Janice Stemler

\$26 to \$50

Madelyn Gradel
in memory of Mary Gradel-Ciccone
Kimberly & Michael Nugent
in memory of Mary Gradel-Ciccone

\$51 to \$100

Kevin & Jayne Cornwall
in memory of Mary Gradel-Ciccone
Saro & Sam Illangovan
Walter & Dolores Kwacz

\$101 to \$500

Co-Workers of Bucks County Water and Sewer Authority
in memory of Mary Gradel-Ciccone
Bob Egan Entertainment, Inc.
in memory of Jim Rowland
Michael & Martha Farmer
Margaret Illenberger
Michael & Robin Martel

All the NAMI Bucks County Volunteers

Your continuing contributions are important in sustaining our advocacy. NAMI welcomes and appreciates any amount that people can afford. Keep in mind when making your donation that many companies will match employee gifts. If you have not already contributed, please do so by sending your tax deductible donation to: NAMI of Bucks County, P.O. Box 355, Warrington, PA 18976-0355



Our Peer-to-Peer Education program will be offered again in Upper, Central and Lower Bucks beginning in March. Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are

interested in establishing and maintaining their wellness and recovery. Exact dates, times and locations to be determined. If you are interested in taking the Peer-to-Peer Recovery

Course, please call 1-866-399-NAMI(6264) to register. The program is free but **REGISTRATION IS REQUIRED** Class size is limited and fills up quickly.



NAMI Bucks County will be offering Family-to-Family Education Classes beginning in March in upper and lower Bucks.

The NAMI Family-to-Family Education Program is a free 12-week course for family members and caregivers of individuals with severe brain disorders (mental illnesses). The course is taught by trained family

members. All instruction and course materials are free for class participants.

The Family-to-Family curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that

family members and caregivers need to cope more effectively.

Exact dates, times and locations to be determine. If you are interested in taking this course, please call 1-866-399-NAMI(6264). **REGISTRATION IS REQUIRED.** Class size is limited and fills up quickly.



NAMI Basics teaches *the fundamentals of caring for you, your family and your child with mental illness*. NAMI Basics is the new signature education program for



parents and other **primary** caregivers of children and adolescents living with mental illnesses. Classes begin in March. Exact dates, times and

locations to be determined. Prior registration is required. Call 1-866-399-NAMI(6264).



NAMI CONNECTION SUPPORT GROUP IS TEMPORARILY DISCONTINUED UNTIL FURTHER NOTICE.

NAMI Family Support Group New Location

The Family support group that met at 56 East Oakland Avenue, Doylestown, PA will now be meeting at Doylestown Mennonite Church at 590 N. Broad Street,

Doylestown, PA 18901 on the 2nd and 4th Monday at 7:00 PM. Registration is required. Call 215-262-3220 The Newtown Family Support group continues

to meet at Crossing Community Church at 80 Silver Lake Rd., Newtown on the 1st and 3rd Monday of the month at 7:30 PM. No registration is required for this group.

Volunteers Needed

The heart of NAMI Bucks rests on all of its volunteers. We are currently recruiting volunteers to facilitate our Support Groups, teach the Family-to-Family Education Course or mentor Peer-to-Peer.

You must have taken the Family-to-Family or Peer to Peer Education Classes to qualify. We also are looking for volunteers to serve on the 2012 NAMI Walks Committee and a newly forming

Outreach Committee. If you are interested, please call the NAMI Bucks office at 215-442-5637.

NAMI National and State Former Board Member and Advocate

In the last edition of the NAMI Bucks Newsletter, we reported that Glenn Koons was missing. We are sorry to report that Glenn's body was found not far from his apartment in a wooded area - it appears he fell and hit his head. Glenn was a Certified Peer Specialist at Wernersville State Hospital and prior to that served as Southeast Region Community Support Program Coordinator for the Mental Health Association of Southeastern Pennsylvania. His impact on the community was tremendous. He served on a variety of boards and committees for organizations such as the National Alliance on Mental Illness (NAMI), NAMI Pennsylvania, and many other organizations across the state. He was serving a 3-year term on the Mental Health Association in Pennsylvania Board of Directors, for which he was Immediate Past President. Glenn was trained as one of the first NAMI Peer-to-Peer mentors in



Glenn Koons in Washington DC

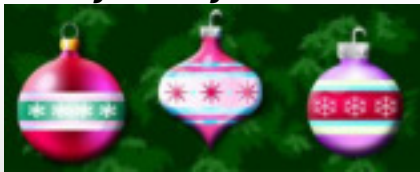
the United States and as an "In Our Own Voice" NAMI National program presenter. He maintained two national listservs: KNOWHOW and Voices for Work. Glenn also was one of four NAMI National men who were recognized by President Obama at a reception celebrating the Americans with Disabilities Act (ADA) 20th anniversary. Services were held September 8; Glenn was buried at Valley Forge Memorial Park. In lieu of flowers, contributions in memory of Glenn may be made to NAMI Pennsylvania, 2149 North 2nd Street, Harrisburg, PA 17110. To share your fondest memory of Glenn, please visit www.lifecelebration.com

Give us your Poems, Stories, Anecdotes, Articles

We'd like to include your poems, personal stories, anecdotes and articles in the Chapter Newsletter. Send them to: NAMI of Bucks County, P.O. Box 355, Warrington, PA 18976-0355 or send by e-mail to info@namibucks.org

Christmas

By Cheryl Brenner



Decorations, lights, bulbs
Christmas to me is peace &
love & harmony
Presents not opened lying
under the tree
Christmas is family big or small
Everything about Christmas is
to share with friends and family
Families & friends jump in a
car
To see the houses with lights
Food, pies, cakes, hams,
turkeys, biscuits & gravy
This all makes for a wonderful
Holiday
Merry Christmas

Look at the Animals

By Dottie McClellan

August 2008

Shadows in moonlight
The jungle is quiet
Its comes active by day
The animals come out to play
They gather at water ponds
Sometimes dried by thirsty hot suns
Lions and tigers saunter about
The elephants battle with their big
long snout
Leopards and giraffes have beautiful
spots
Leopards run with a gait
Girafes run in trots
Monkeys play all day
Parading in the trees and limbs
They swing and chase and make
monkey gyms
I love the animals, I love the jungle
Beautiful picturesque ensemble
Animals are majestic, stately and grand
They are grandiose, a joy God
planned

Mental Illness: Coping with the Holidays

Mental Health Ministries

Rev. Susan Gregg-Schroeder

The holiday season is supposed to be a time full of joy, parties and gatherings with friends and families. But the holidays can be a difficult time for many persons dealing with

- personal grief,
- loneliness,
- illnesses of all kinds,
- economic concerns,
- separation from family members
- relationship issues like separation
- divorce.

We talk about peace on earth but live with the threat of terrorism and the reality that our country is at war. The commercialization of the holiday season bombards us with unrealistic expectations. And many of us feel overwhelmed when our “to-do” list goes on forever! While some people experience temporary periods of depression like the “holiday blues” or Seasonal Affective Disorder (SAD), many of us live with mental illness every day. The holidays are especially difficult when our own feelings of sadness, loneliness, depression and anxiety are the opposite of the “Hallmark” images we see all around us.

Tips for Persons Living with a Mental Illness

The holidays can be times of stress for everyone. As a person who lives with a mental illness, I have learned the importance of self-care...especially during times of stress in our lives. Try as much as possible to maintain your routines like sleeping, regular meals, exercising, taking medication, keeping appointments with mental health professionals and attending support groups. During this time we may find ourselves at extended family gatherings or at parties with people who do not understand about our illness. Some people may be uncomfortable and not know what to say to you. Others may say hurtful things or offer cliché advice out of ignorance and the stigma of mental illness. It is helpful to

prepare yourself by knowing who may be at a gathering. Large groups can feel overwhelming at any time! Know that whatever you are feeling, it is right for you. It is all right to excuse yourself for some time away. There may be times when you may want to excuse yourself and go to a quiet place. While continually isolating yourself is not helpful, there are times when solitude can be a time of replenishment, reconnection with yourself and deeply satisfying. On the other hand, for some people it is hard to feel down when you are helping someone else. There are many opportunities to volunteer during the holiday season. The satisfaction of giving to others can help you put your own problems in perspective. Live in the now! Try to let go of past regrets and experiences and find joy in the present moment. And remember, laughter is good medicine!

Tips for Family and Friends

Family and friends can include their loved one in holiday activities to the degree that he or she is able to participate. Setting specific times for family traditions like baking special food, decorating the house, wrapping gifts or attending community celebrations, gives the person something to look forward to. If there is to be a large gathering of family and friends, plan ahead by preparing those persons who may not know the situation. This is a wonderful opportunity to help erase the stigma and shame too often associated with mental illness. You can help them find ways to be relaxed yet respectful of any special needs. Someone living with a mental illness can feel further disconnected from others if people ignore or avoid them. Set realistic goals and be flexible. The holidays are about love and caring one another. We would all do better to let go of the image of the “perfect” holiday and focus on accepting ourselves and our loved ones without judging, criticizing or advising.

Tips for Communities of Faith

Many of the holidays are also Holy days. For anyone who is struggling, hearing the familiar stories of our faith, singing familiar hymns and participating in religious rituals can bring comfort. It can be time of re-connecting with our faith and spirituality. Clergy can make a special effort to encourage families to invite their loved one to be part of special services. The holidays are a time of bringing people together in community. We know that one in four families sitting in the pews is living with someone who has a mental illness. Many are suffering in silence and are afraid to share their pain with others. Incorporating mental illness in sermons, prayers and liturgies is one step in reminding them that they are not alone. The holidays remind us that our God welcomes the stranger and the outcast and loves us just as we are. Clergy can encourage their congregation to make an intentional outreach to persons outside the faith community. Interfaith groups and many community based mental health programs can provide you with the names of persons who would like to attend a holiday worship service in their faith tradition. Members of your congregation can offer to provide rides to persons who do not regularly attend worship. Encourage individuals and groups to visit persons you know may be struggling with depression or other mood disorder in their home, residential settings or hospital. Bringing a small token from the faith community can help people feel they are not forgotten.

Celebrate the Moment

Despite our good intentions, remember that the holidays rarely turn out as planned. Focus on making them a special time for you and your family, no matter what the circumstances. Celebrate this season of hope and expectation. Celebrate the many blessings in your life.

Stigmabusters

NAMI StigmaBusters is a network of dedicated advocates across the country and around the world who seek to fight inaccurate and hurtful representations of mental illness.

Whether these images are found in TV, film, print, or other media, StigmaBusters speak out and challenge stereotypes. They seek to educate society about the reality of mental illness and the courageous struggles faced by consumers and families every day. StigmaBusters' goal is to break down the barriers of ignorance, prejudice, or unfair discrimination by promoting education, understanding, and respect.

HOW TO DEAL WITH LOCAL STIGMA

NAMI StigmaBusters are dedicated to the elimination of ignorance, prejudice and discrimination against people with mental illnesses— by changing public attitudes from fear, rejection, and isolation to community understanding, acceptance, and support.

Local StigmaBusting involves NAMI State Org. and affiliates contacting local news media (newspapers, TV, radio), legislators, business and professional leaders, neighbors and social acquaintances with information that improves their understanding of mental illness.

PROTEST STIGMA PERPETUATED IN LOCAL MEDIA

NAMI State Org. and local NAMI affiliates need to contact the publisher, editor, writer, radio station manager and/or sponsors by letter, telephone, fax, and/or e-mail. Inform them how an article, TV or radio show, or advertisement is factually incorrect and/or offends, hurts, demeans, or humiliates a person with a mental illness. Include appropriate fact sheets available from NAMI'S HELPLINE (1-800-950-6264) or Web site (www.nami.org).

PROTEST ADVERTISING OR COMMERCIAL PRODUCTS

Protest offensive advertising or commercial products (e.g., T-shirts found in local stores). Contact company presidents (manufacturer and

retail) and local store managers. Ask other local NAMI members and friends to do so as well. Businesses do not want to lose local customers and sometimes respond positively to only a few letters or calls. For retail chains, call the store manager and also ask for the name and contact information of the *regional* manager and/or advertising director.

PRAISE ACCURATE MEDIA PRESENTATIONS

When you see editorials, articles, TV shows or movies that contribute to accurate understandings of mental illness (e.g., "A BEAUTIFUL MIND") send a message of appreciation and support to the editor, reporter, station manager or producer. Write letters to editors confirming the authenticity of positive representations and relate them to personal experience.

STIGMABUSTERS OUTREACH IS THE KEY TO ELIMINATING STIGMA

Contact civic groups and associations. Find out when they meet and ask to present a program about mental illness. Tell your personal story and/or ask your local NAMI affiliate to provide a consumer speaker through NAMI's "In Our Own Voice" program. Include a local psychiatrist. Bring fact sheets to distribute. Key target groups include: city councils, county boards of supervisors, boards of education, chambers of commerce, bar associations, Rotary Clubs or similar organizations, PTAs, the League of Women Voters, the counseling or disability offices at colleges and universities, and religious communities.

COMBAT "NIMBYISM" (Not In My Back Yard)

Decent affordable housing for people with mental illness requires active public support. Join your Homeowners or Neighborhood Association to help educate members. Encourage NAMI members and friends in other neighborhoods to do the same. Attend Building and Safety Planning Commission Hearings to support permits for small group homes, apartments for individuals with mental illness, or other facilities. Numbers always count. The more

people who support a plan, the better the chances of success. Bring friends and family members to hearings.

EMPLOYMENT OPPORTUNITIES

Visit Human Resources Directors at local companies. Provide NAMI literature and lists of local support groups for Employee Assistance Programs (EAP). Offer to provide workshops about basic mental illnesses and symptoms, how to seek treatment, and how co-workers can be supportive. Arrange for consumers to tell personal stories about employment and recovery. From entry level to senior positions, help build informal referral networks for consumers by building personal contacts with local businesses. Educate both employers and consumers that mental illnesses need not be discussed in job interviews—but if necessary, once consumers are hired and an employer is informed, reasonable accommodations should be made to help manage their illnesses. Sometimes that can be as simple as occasionally allowing flexible hours. Acknowledge the importance of a supportive work environment that encourages communication and trust between supervisors and employees. Highlight success stories. Honor both employers and consumer employees. Keep in mind: An important way to make stigma disappear is to talk openly, whenever it's appropriate, about mental illness and how it has impacted you or your family— just as we do about other devastating illnesses like cancer, diabetes, Parkinson's, or Alzheimer's. Join NAMI StigmaBusters at www.nami.org/Stigma

Each month, close to 20,000 advocates receive a NAMI StigmaBusters Alert, and it is read by countless others around the world online. Send it to your own personal and professional networks. Numbers do count, so let your voice be heard. Questions? Contact: stigmabusters@nami.org.

Mental Illness Awareness Week Event

In observance of Mental Illness Awareness Week (MIAW), October 2-8, 2011, NAMI of Bucks County hosted approximately 270 attendees to the viewing of the movie, —OC87, The Obsessive Compulsive, Major Depression, Bipolar, Aspergers movie at Bucks County Community College’s Gateway Auditorium.



Kathleen Campbell, NAMI Bucks President, welcomes attendees to the MIAW event and presented information about mental illness, the cost to society and the importance of treatment.



Buddy Clayman speaking about his experience making the movie and answering questions from the audience.

OC87 is the story of Buddy Clayman. Mental illness interrupted his dream of a filmmaking career. Thirty years later, he made the movie of his life. Bud Clayman is one of films’ most unlikely heroes. This is a personal story with universal relevance—a wildly original documentary of pain and vulnerability, empowerment, and Bud’s quest for belonging. After the movie, Buddy and director Scott Johnston discussed the movie and answered questions from the audience. Presented by The National Alliance on Mental Illness, Bucks County Chapter (NAMI), Bucks County Department of Mental Health/Developmental Programs, Bucks County Behavioral Health, Bucks County Drug & Alcohol Commission, Voice and Vision, Inc. and Magellan Health Services.





NAMI-CAN Kids Corner

NAMI-CAN Support Group

NAMI-CAN (Children and Adolescent Network) is a support group for parents and/or caregivers of children with a mental illness. NAMI-CAN meets at the Voice & Vision

office, 600 Louis Dr., Suite 106, Warminster, PA. The meetings are held on the fourth Thursday of the month (NO MEETINGS IN JULY, AUGUST, NOVEMBER OR

DECEMBER). For directions or more information, please call toll free at 1-866-399-NAMI(6264).

Early Intervention is the Avenue of Hope

By Teri Brister, Ph.D., LPC, Director of Content Integrity

For parents and caregivers of youth living with mental illness there is finally confirmation for the faith we have placed in our remarkable education program. As the creator of the NAMI Basics Education Program, I am thrilled with the recent publication of an article that I co-authored in the *Journal of Child and Family Studies* describing a two year research study of the NAMI Basics program. The results of the study indicated that NAMI Basics produces “significant improvement” in families’ communication and coping skills. Validation of a program we have devoted so much time to for years offers a moment of great satisfaction.

As the scientific foundation for our program continues to strengthen, we can profess the benefits of our methods with ever more confidence. Specifically, the study found that:

- Parents and caregivers who participated in the study reported improvements in self-care and empowerment, based on information and about resources, parenting strategies and self-advocacy.
- Participants “also experienced a reduction in inflammatory communications,” through control of anger, preemption of problems, and being highly specific about expectations.
- Participants did not report changes in “affirmational

communications” within the family. However, this may simply reflect the emphasis of the curriculum. NAMI Basics was designed for parents and other primary family caregivers of children and adolescents living with mental illness. It is currently available in 36 states through NAMI State Organizations and Affiliates. The program is peer-lead, meaning that the teachers of the program are themselves parents/family caregivers of children living with these disorders. This structure creates an intimacy that few programs possess and consequently, a program one whose capabilities are unparalleled.

Online Community for Young Adults

StrengthofUs is an online community designed to empower young adults through resource-sharing and peer support and to build connections for those navigating the unique challenges and opportunities in the transition-age years. StrengthofUs provides opportunities for you to connect with

your peers and offer support, encouragement and advice and share your real world experiences, personal stories, creativity, resources and ultimately, a little bit of your wonderful and unique self. It is a user-generated and user-driven community; so basically, it's whatever *you* make it.

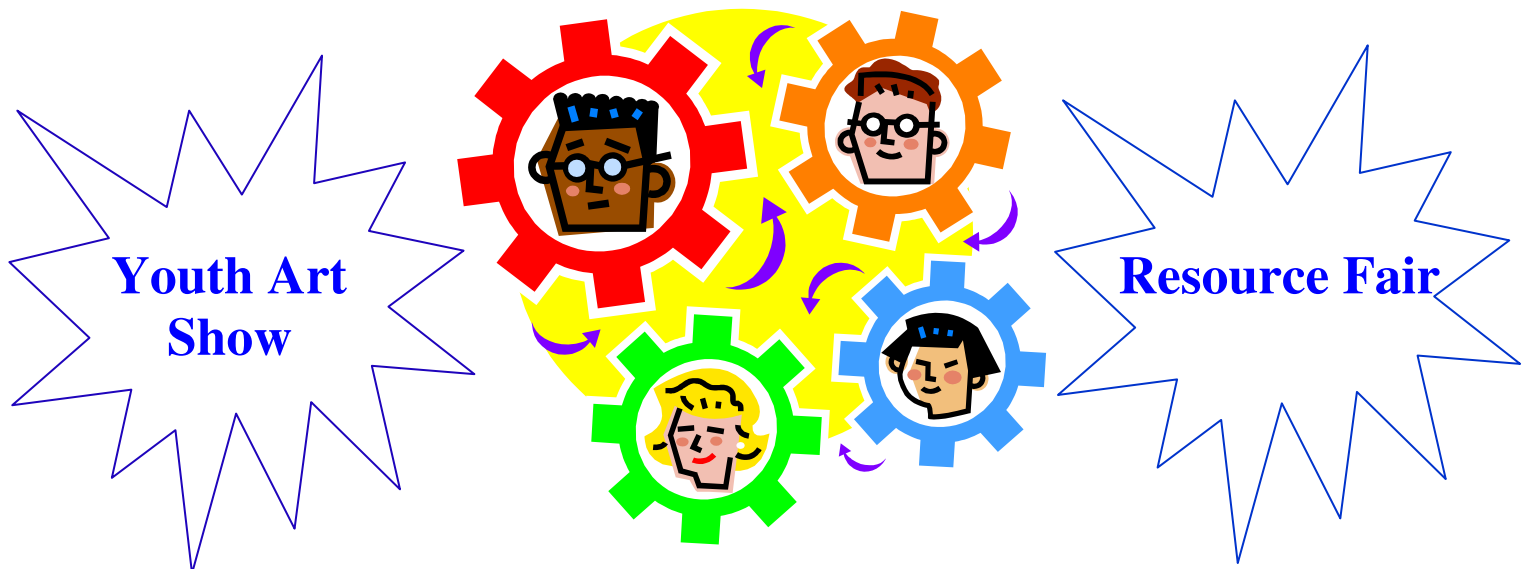
Everything has been developed and created by and for young adults with you specifically in mind...because we think you're worth it! We hope every time you visit, you find hope, encouragement, support and most of all, the strength to live your dreams and goals. www.strengthofus.org

SAVE THE DATE!

Wednesday, March 21, 2012

**8th Annual Bucks County Youth & Family
Resiliency Conference**

“Resiliency In Motion”



**Youth Art
Show**

Resource Fair

**A Day in the Life of a Family
Sibling Stories
Youth Presentations
Stress Reduction on a Shoestring
(Holistic Care)**

9:00 a.m. - 3:30 p.m.

Spring Mill Manor, Ivyland, PA

Sponsored by Bucks County Child Serving Systems, Youth and Families



CONFERENCE BROCHURE TO FOLLOW

Coming Events / Dates to Remember:

<p>November 14 & 28, 2011 December 12 & 26, 2011 January 9 & 23, 2012 February 13 & 27, 2012 7:00 – 8:30 P.M. 2nd & 4th Monday Doylestown, PA</p>	<p>NAMI FAMILY SUPPORT GROUP NEW LOCATION Doylestown Mennonite Church 590 N. Broad St. Doylestown, PA 18901 Registration is required. 215-262-3220</p>
<p>November 7 & 21, 2011 December 5 & 19, 2011 January 2 & 16, 2012 February 6 & 20, 2012 1st & 3rd Monday 7:30-9:00 P.M. Newtown, PA</p>	<p>NAMI Family-to-Family Support Group Meeting - Lower Bucks – Crossing Community Church 80 Silver Lake Rd., Newtown, PA 18940 For more information, please call 1-866-399-NAMI(6264).</p>
<p>November 17, 2011 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)</p>	<p>NAMI Bucks Forum Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Ask the Doctor Speaker: Dr. David Abel.</p>
<p>January 26, 2012 February 23, 2012 7:00 PM Warminster, PA NO MEETINGS IN NOVEMBER OR DECEMBER</p>	<p>NAMI-CAN (Children's and Adolescents Network) Voice & Vision Office Conf. Rm., 600 Louis Drive, Suite 106, Warminster, PA Meets every 4th Thursday of the month Call 1-866-399-NAMI (6264) for information.</p>
<p>February 16, 2012 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)</p>	<p>NAMI Bucks Forum Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Child Psychiatry Speaker: Dr. Schram.</p>
<p>Spring, 2012</p>	<p>Family-to-Family Education Program For more information and locations call 1-866-399-NAMI (6264)</p>
<p>Spring 2012</p>	<p>Peer-to-Peer Education Program For more information and locations call 1-866-399-NAMI (6264)</p>
<p>Spring 2012</p>	<p>NAMI Basics Education Program For more information call 1-866-399-NAMI(6264)</p>
<p>March 21, 2012 – 9:00-3:30 Spring Mill Manor Warminster, PA</p>	<p>Bucks County 8th Annual Youth & Family Resiliency Conference</p>





PA, Bucks County

Bucks County Chapter
PO Box 355
Warrington, PA 18976-0355

**LET US HAVE YOUR
E-MAIL ADDRESS**

If we don't already have your e-mail address, or if your address has changed, please contact Debbie Moritz at info@namibucks.org and she will add you to our list. Each week, we e-mail time-sensitive information and late-breaking news.

We're on the Web

www.info@namibucks.org

Be sure to visit our website regularly for additional articles and updated information

**Chapter Toll-Free Helpline
1-866-399-NAMI (6264)**

GoodSearch (powered by Yahoo) – Help NAMI National (**NAMI, Arlington, VA**) by simply searching the Internet and they will receive a share of the revenue generated by site advertisers. Make **GoodSearch** your default search engine by logging on to website www.goodsearch.com Follow the instructions on how to install the GoodSearch toolbar and home page. Encourage family, friends and business associates to use GoodSearch.