



The Nation's Voice on Mental Illness

PA, Bucks County

The Official Newsletter of NAMI Bucks County Volume : 10 Issue 5 Newsletter Holiday 2013

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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Co-Occurring Mental Illness & Trauma: Impact on the Family

Thursday, November 21, 2013 at 7:30 P.M.

Nick Weingarten, LCSW

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

Please join us for our November 21, 2013 forum. Our speaker will be Nick Weingarten, LCSW discussing Co-Occurring Mental Illness & Trauma: Impact on the Family. This Forum will focus on recent research that has found that over 60% of persons diagnosed with a mental illness also have a history of Trauma. For those persons with co-occurring substance abuse and mental illness the numbers go up to 85% with a history of Trauma. This combination of illnesses is very difficult to treat and often results in continuing demands, frustrations and emotional exhaustion for families who are struggling to support their loved ones. We will discuss how Trauma affects individuals, what new treatments are emerging that work and how families can benefit by becoming aware of how trauma affects them and how to manage that impact.

Board Members re-elected to NAMI Bucks County Board of Directors

We are pleased to have four NAMI Bucks Board members Dennie Baker, Charles Bechtel, Kathleen Campbell and Fred Korn re-elected to the NAMI Bucks County Board for a three year term. They were re-elected at our forum in September 2013. We look forward to their continuing contribution to the NAMI Bucks County Affiliate.

Executive Director
Debbie Moritz

Board of Directors:

President
Kathleen Campbell
Vice President
Thomas Tantillo
Secretary
Charles Bechtel
Treasurer
Fred Korn

David Abel, M.D.
Shelly Aidenbaum
Dennie Baker
Jennifer Calhoun
Joyce Harding
Raighne Kirk

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

**NAMI Bucks County
Newsletter**

Letters, News Articles, and
Announcements are welcome.
Deadline for articles for our
Winter 2014 issue is January 15, 2014
Send to above address or by e-mail to
info@namibuckspa.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.namibuckspa.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.

Thank You for Your Contribution

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

\$1 to \$25

Elizabeth Young
Charles Bechtel Jr
Gerald & Janice Stemler
Susan Ward

In Honor of Dennie & Carol Baker:

Sarah & Ralph Erb

In Memory of Edwin Calhoun Sr.:

Sherri Weaver & Robert Weaver Jr.
Marion Mir
Isabel McLauchlan
C & G Zobel
Annette Brookshire
Linda & Theodore Trymbiski

\$26 to \$50

Vicki & John Hartmann
Allan Dsurney
Allan & Susan Dsurney
Anonymus
Dorothy McClellan

In Honor of Dennie & Carol Baker:

Tara Erb
Angiras Arya & Kani Ilangovan
Ronald & Linda Manns

In Memory of Edwin Calhoun Sr.:

Carol & George Thompson
Ben Redd Jr. & Joanne Redd
Jeanette & Jennifer Marley
Dennie & Carol Baker

\$51 to \$100

Mary Myers
Shelly Aidenbaum
Richard & Mary D'Andrea

In Memory of Edwin Calhoun Sr.:

Tri-County Umpires

101 to \$500

Marge Illenberger
Michael & Martha Farmer

\$501 to \$1,000

The Spout Foundation

**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.



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 Lower Bucks Consumer Club. There is no charge to anyone who wishes to attend. Please make your holidays more meaningful by volunteering to help serve at these very special events.

Please call 215-442-5637. Dinners will be held on November 17, and December 15, 2013.



Give the Gift of Membership

Don't know what to give to a hard to buy for loved one for the holidays? Why not give them a NAMI Bucks County membership or a donation to NAMI Bucks in their name? A NAMI membership gives you access to a members only area of

our national website, a local newsletter 5 times a year, a quarterly magazine from NAMI National as well as discounts on NAMI conferences and connects you with our email list to keep you updated to important information in the mental health field.

You will also be supporting our education classes, support group, help line and other important programs. Membership and donations are tax deductible. For more information, please call our office at 1-866-399-6264.

NAMI Connection Recovery Support Group is BACK!!!

and is open to all adults with mental illness, regardless of diagnosis. The NAMI Connection group offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group:

- Meets bi-weekly for 90 minutes
- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies

Connection group meets the first and third Tuesday at 6:30 pm at the Voice and Vision Office, 600 Louis Drive, Suite 106, Warminster, PA 18974. For more information, please call 1-866-NAMI(6264).

Family to Family Support Group

A new Family to Family support group began in January, 2013 at the Doylestown Mennonite Church at 590 N. Broad Street, Doylestown, PA 18901 at 7:00 PM. This group will

meet on the 2nd and 4th Thursday of the month. Our Newtown group continues to meet on the first and third Monday at The Crossing Community Church at 80 Silver Lake

Rd., Newtown, PA at 7:30 – 8:30 PM. **Registration is NOT required for either group.**

Congratulations to Our New Family to Family Teachers, Support Group Facilitator and Peer to Peer Mentors

A group of volunteers attended training in Harrisburg in October to become Family to Family teachers, Peer to Peer Mentors and a Family Support Group Facilitator. Congratulations to DeDe Myers, and

Vicki Hartman who were trained to teach NAMI's Signature Education Program, Family to Family. Lou Dalessandro who will be facilitating a family support group and our new Peer to Peer Mentors, Elizabeth

Young, Dave Benincasa, Lawrence Crouthamel and Leonette Rowe. NAMI Bucks County looks forward to their involvement in our programs.

12th Annual Spectacular Basket Bingo PLUS



Wellspring Clubhouse will be holding its 12th annual Basket Bingo fundraiser on Saturday, March 15, 2014, at the Sellersville Firehouse to benefit the Wellspring Clubhouse, a social and vocational program of Penn Foundation. 20 Games for \$20, extra bonus games and two fabulous raffles. Door prizes galore. Call Lu Mauro (215) 257-4760, or send \$20 and your name to Wellspring Clubhouse, 700 South Main St., Sellersville, PA 18960. Make checks payable to Penn Foundation, write "Basket Bingo" in memo area of check.

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@namibuckspa.org



Florida

By Dorothy McClellan

Down in Florida where the tall palms grow, swaying in the warm wind, shutting out the snow. Down where the sun is bright as gold, far from the bitter biting cold. The tropical flowers bloom and bloom, they take away the dismal gloom. Birds of paradise are nesting there, clouds are few, the sky is clear. You can sleep peaceful and let the moon beam, dream a beautiful Florida dream. The ocean is blue-green, the beach has silver sand, caressing a warm sunny land. Come away with me and we will go, away from the cold and winter snow. We will take a car, we will take a plane, we will take a bus or overnight train. We will go to Florida and bask in the sun, we will dance all night and have some fun.



The Earth is Beautiful

By Cheryl Brenner

A big beautiful sun in the summer. A big moon, half moon, ¾ moon. This beautiful Earth, aren't we special to share this wonderful place with millions of people. This country of ours is a free country we live in. We are free to just about anything. Cook inside, cook outside on a grill. Have a birthday party for young & old. Run around and be happy. Go swimming, go fishing. Just about anything you want to do, you can do.



Autumn

By Jess Tarlini

The air is crisp, the colors so grand, a plethora of red, yellow and orange comforts the land. Boots, scarves and warm sweaters, we can't forget haunted hayrides and apple ciders. So dig out the raincoat and grab the rake, or maybe grab a warm blanket and head to the lake. Halloween, oh yes Halloween is approaching fast, all the children in their varieties of costumes so vast. We could get lost in a cornfield or even pick a pumpkin, or even make a scarecrow, now that's somethin'. We could jump in a big pile of leaves and lay there until Thanksgiving feast; Autumn is my favorite season to say the least.



NAMI Bucks Searching for New Board Members

NAMI Bucks County is growing and we need new board members. We are looking for people with the necessary skills to help us manage that growth and to lead us into the future. We are offering more support and education programs and there are still many more needs of our members and the community still to be addressed. Nominations for Board candidates are now open. As we look to strengthen and diversify our organization, we

strive for Board members possessing a range of skills in areas including but not limited to financial, legal, legislative advocacy and fundraising. We are also looking for diversity of age, race, and ethnicity and sexual orientation. Criteria for eligibility are:

1. Be a member in good standing of the affiliate
2. Be willing to attend and participate in monthly Board

Meetings and all committee assignments

3. Be willing to promote the NAMI mission

For more information or if you are interested, please contact Debbie Moritz at info@namibucks.org or 1-866-399-6264. Deadline for submission of nominations for the Board of Directors is September 30, 2013. Voting will take place at our November forum meeting.

Volunteer Spotlight



NAMI of Bucks County is thrilled to have so many wonderful volunteers to help us fulfill our mission. We would like to highlight our special volunteers regularly so that our members can see the dedication, passion and care that go into everything they do.



This month our spotlighted volunteer is Raighne Kirk. Raighne is a certified special education teacher and is currently employed as a Para educator (Classroom Assistant) in the CB School District. Raighne is a mentor through Big Brothers/Big Sisters of

Bucks County and been a member/singer with the Bucks County Choral Society for eight years. He works at the Central Bucks County

Family YMCA as an instructor with their Seekers program, providing recreational activities to adults of different abilities once a week

Raighne has been a NAMI Bucks County Board Member since April of 2012. Raighne also serves on the NAMI Bucks Ending the Silence committee working to bring this important program to our local middle schools. He has presented/taught this program to over 800 middle school students this year. Raighne has also been a volunteer at our Lower Bucks Consumer Clubs Sunday Social since 2006.

Volunteers Needed

The heart of NAMI Bucks rests on all of its volunteers. We are always looking for volunteers in a variety of areas such as:

- NAMI Walks Committee
 - o Attending planning meetings and help to prepare for the annual fundraising and awareness event.
- Ending The Silence School Outreach
 - o Help with contacting schools via letter, phone calls, etc. to schedule this informative program.
- Communications Committee – Social Network Need
 - o Knowledge and expertise in social media such as Twitter, and Facebook to help increase our presence on the web.
- Education Support Committee
 - o To help with coordinating, of our Signature Education Classes and Support Groups.
- Advocacy Committee
 - o Help in contacting legislators and government officials on advocacy issues related to the mental health field
- Teachers & Support Group Facilitators
 - o Become a trained Teacher, facilitator or Mentor of our signature Education and Support programs.

If you are interested, please call the NAMI Bucks County Office at 215-442-5637.

Lenape Valley Foundation Mobile Crisis

Lenape Valley Foundation (LVF) is proud to announce the expansion of crisis services, with the addition of Mobile Crisis Services for all residents of Bucks County.

Mobile Crisis Services are available for all Bucks County residents over the age of 18 requiring crisis services, where circumstances indicate that the crisis episode may best be managed by sending a crisis worker to the person's location rather than asking them to come to the site-based crisis service. Special populations include, but are not limited to: individuals with co-

occurring disorders, intellectual disabilities, elderly, mental illness, veterans and those involved in the criminal justice system. Mobile Crisis Workers provide crisis intervention, assessment, counseling, resolution, referral, follow-up, and education to individuals receiving services, as well as to family members and community members. Mobile Crisis Workers meet people in need, family and community members at locations conducive to efficient and effective outcomes, such as homes, streets, or other community settings. Mobile Crisis will follow a person until he/she is

actively involved with crisis services and/or treatment and will provide outreach follow-up to assure the person is engaged in appropriate post-crisis services. Peer services are offered by the peer specialist embedded in LVF's Lower Bucks Crisis Center.

Mobile Crisis Intervention Services are available Monday through Friday, 9a.m. to 9p.m.

If you would like more information about Lenape Valley Foundation's Mobile Crisis Service please call 215-785-9765.

BUCKS CIT 9th Graduating Class

On October 25, 2013, the Bucks County CIT Task Force was proud to welcome 29 new graduates into the CIT family. Bucks County is a Philadelphia suburb that encompasses 607 square miles, 626,000 residents, policed by 42 full and part-time police departments. This graduating class was Bucks County's ninth CIT training, bringing the grand total to 239 certified CIT graduates. 50% of police departments in Bucks County now have trained CIT officers since the first training began in September, 2009.



CONGRATULATIONS to the ninth graduating class of Bucks County's Crisis Intervention Team (CIT) on October 25, 2013. These graduates bring the total to 239 certified CIT graduates that have advance training in mental health and related issues.

The Seventh Annual Greater Philadelphia NAMI Walks Changing Minds...One Step at a Time!, a fundraising and awareness-raising event, is scheduled for Saturday, May 3, 2014 at Montgomery County Community College in Blue Bell. Last year's walk raised \$98,000.00 for programs, advocacy, and social outreach to be used in our communities. Bucks County raised over \$16,000.00 for Bucks Counties programs. We also had 34 sponsors that supported the walk with generous donations of

time and money. The walk gathered over 1000 walkers in support of NAMI.

Although the Walk Webpage is not yet ready to register teams, it is a good time to start thinking about forming your own team or joining our Bucks for Brains Team or signing up to walk as an individual walker.

The Greater Philadelphia NAMI Affiliates are comprised of the

following counties who work to further the national organization's goals in our region: NAMI PA-Bucks County; NAMI PA-Delaware County; NAMI PA-Philadelphia, Mainline and NAMI PA-Montgomery County.

If you are interested in participating in some way, either by joining a team, forming your own team and/or volunteering, please call 1-866-399-NAMI(6264).



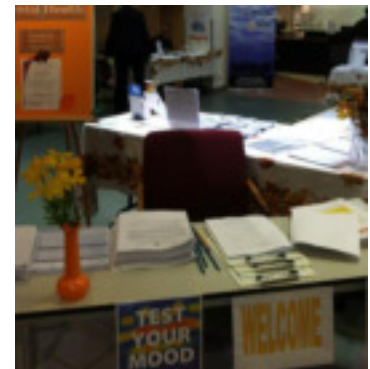
Lower Bucks Hospital Depression Screening Day

The second week in October was Mental Illness Awareness Week and October 10, 2013 was National Depression Screening Day. Lower Bucks Hospital held a Depression Screening that was open to the public and was free of charge. There

Eleven people were screened and many others stopped by to check out the information/resource tables. Staff from Lower Bucks Hospital's Adult Behavioral Health Unit, Pennel Mental Health and Lenape Valley Foundation helped out during the screening. This was the third year Lower Bucks Hospital hosted this event.



was also mental health information and resource tables set up all week in their main lobby. NAMI Bucks County also participated by handing out literature and answering questions.



Childhood Tummy Aches May Be Tied to Adult Anxiety

WebMD News from HealthDay
By Denise Mann
HealthDay Reporter

MONDAY, Aug. 12 (HealthDay News) -- **Stomach pain** is a common childhood complaint, and now a new study suggests it may place some kids at higher risk for anxiety disorders or depression as adults.

The researchers compared 332 young adults, aged around 20, who had abdominal pain as children to 147 participants who did not. Of those who had suffered from stomach pain, 51 percent had an anxiety disorder during their lifetime, and 30 percent had one currently. By contrast, only 20 percent of adults without stomach pain as children had an anxiety disorder.

"A decade later, individuals who had stomach pain continued to have high rates of anxiety disorders, even if they no longer had stomach pain," said study author Lynn Walker, a professor of pediatrics at Vanderbilt University in Nashville, Tenn.

Moreover, 40 percent of young men and women who had abdominal pain as children had depression during their lifetime, compared with 16 percent of adults who didn't have stomach pain, according to the study, which was published online Aug. 12 and in the September print issue of the journal *Pediatrics*.

Exactly how stomach pain and anxiety are linked is not entirely clear, but "anxiety related to the pain, or even anxiety related to other things in the child's life, can exacerbate the pain and lead to increased suffering and disability," Walker said.



To break the cycle early, parents of children who complain of stomach pain should first take their child to the doctor to see if anything is going on medically, she said.

"If no significant disease is found, parents should encourage their children to continue their regular activities even if they are having pain or anticipate that they might have pain," Walker said. "When children stay home from school and other activities, they get behind in schoolwork and peer relationships, which increases stress, which in turn increases their suffering."

It spirals from there. "As they discontinue activities and isolate themselves socially, they have more time to focus on the pain and worry about it," she said. "As they fall behind their peers, they have additional things to worry about."

In the study, **social anxiety** disorder -- a paralyzing fear of being judged by

others -- occurred among a quarter of children with stomach pain.

Experts agreed that parents should seek help early for kids with recurrent stomach pain to try to reduce the risk of anxiety and depression.

"Parents should take an active role in their child's life by seeking both medical attention and supportive counseling for their child. This will prevent potential worsening of anxiety, and will help children learn better ways of coping with stressors that may exacerbate their pain," said Dr. Scott Krakower, a child and adolescent psychiatrist at Zucker Hillside Hospital in Glen Oaks, N.Y.

Parents should take chronic stomach pain seriously from the get-go, said Dr. Sarah Rebstock, director of the Pediatric Pain Medicine Outpatient Clinic at Children's National Medical Center in Washington, D.C. "Get referred early if your child has two weeks or longer of stomach pain," she said. "Don't wait."

Although the study tied childhood stomach problems to adult anxiety and depression, it didn't establish a cause-and-effect relationship.

Dr. Mark Lowenheim, a pediatric gastroenterologist at St. Charles Hospital in Port Jefferson, N.Y., was quick to caution that not every child who has abdominal complaints will need to see a mental-health professional.

"Certainly there is a subset of children who have abdominal pain who also have anxiety and depression, so it's not a surprise that they also have a higher incidence of anxiety and depression as adults, but this is not a given," he said.

Surviving the Holidays When You Have a Mental Illness

*Sarah K. Ravin, Ph.D.,
Licensed Psychologist
www.drSarahRavin.com*

For most people, the holidays are a time of joy and celebration. However, for many people with mental illnesses, the yuletide cheer is accompanied by added challenges. This is true for those with various diagnoses. Consider the following:

1. For people with depression, the joy and festivities of the holiday season seem to amplify their own inability to experience pleasure. As families and friends come together, they may withdraw. To make matters worse, Christmas falls right around the shortest day of the year, so the lack of sunlight can be a huge trigger for those with Seasonal Affective Disorder (SAD) – a type of depression which occurs in the fall and winter months.
2. For people with anxiety, being around large groups of unfamiliar people can be terrifying. Christmas parties, crowded shopping malls, even visits with unfamiliar (or unkind) relatives can be extra-stressful.
3. For people with anorexia nervosa or bulimia nervosa, the large amounts of foods, particularly “treats,” that are part and parcel of holiday events can induce major anxiety. So can the enormously triggering “diet talk” that often accompanies holiday feasts and intensifies near New Years.
4. For people with alcoholism, the endless parade of holiday parties and events where alcohol is present makes it difficult to socialize normally or enjoy the typical gatherings with family and friends.
5. For people with ADHD, there is the added stress of final exams, Christmas shopping, decorating, parties, and visiting relatives, which can make them feel more scattered and disorganized than usual.

So how do you cope with mental illness during the holiday season? Here are some tips which may be helpful, regardless of your particular diagnosis:

- 1.) Plan ahead. Create a written list of potential problems that could arise around the holidays. Think about various ways that you could handle these situations, and write down your solutions. Visualize yourself handling these difficult situations with grace and strength.
- 2.) Enlist social support. Talk to people you trust – your therapist, family members, or friends – about your concerns. Let them know how they can help you through this difficult time. People are more than willing to be more generous and charitable than usual at this time of year!
- 3.) Maintain good health habits. Get at least 8 hours of sleep per night, eat plenty of healthful foods, exercise regularly, and drink in moderation (if at all). Many people stop engaging in health-promoting behaviors around the holidays. If you struggle with a mental illness, this is the time to be extra-conscientious about caring for your physical and mental health.
- 4.) Focus on the protective factors associated with Christmas. Despite the myth that rates of suicides increase around the holidays, scientific research actually shows that suicide rates are lower than average in the days before Christmas. This may be due to several issues:
 - Increased support from family and friends, who tend to gather together around the holidays
 - Increased sense of charity and goodwill from others
 - More community support – shelters, food banks, charities for the poor
 - For many people, Christmas is associated with positive memories of hope and love and family, which can help improve outlook when things seem bleak
 - Increase in religious observance and spirituality associated with Christmas
- 5.) Lower your expectations. Yes, the holidays are seen by many as “the most wonderful time of the year,” as the song goes. But stress and personal problems do not magically disappear during the holidays. It is not realistic to

- assume that you will be symptom-free simply because it is a holiday.
- 6.) Keep it simple. The holidays have become so commercialized, and so many demands are placed on people to throw and attend parties, buy and wrap lavish gifts, and cook like Julia Child on steroids, that many people are simply burnt out by the time Christmas arrives. Retailers love to extend the holiday season from Thanksgiving through New Years, but this is mostly for their own profit, and it doesn't have to be this way. If you feel overwhelmed by stress, simply have a quiet, one-evening celebration with a few people of your choosing who are closest to you. There is no need to spend precious time and money getting people the perfect gifts. A simple card with a thoughtful note is sufficient to let people know you are thinking of them.
 - 7.) Focus on what really matters. Remember the people of Whoville in *The Grinch Who Stole Christmas*? They showed us that Christmas can be joyful without presents and trees and decorations. These material things have no bearing on our ability to enjoy the holidays.
 - 8.) In keeping with the Dr. Seuss example, think of your mental illness as the Grinch. It is a cold-hearted thief, with a heart three sizes too small, who will attempt to ruin your holiday. Don't let it.
 - 9.) Remember that parties are supposed to be fun and ARE ALWAYS OPTIONAL. You always dread your annual office party? Just don't go. Let whomever is in charge know that you aren't feeling well, or simply that you appreciate the invitation but you won't be able to make it this year. It's supposed to be a party, not a punishment.
 - 10.) Do what's fun; skip what's not. If you love preparing Christmas dinner for your family, great! Enjoy! If not, hit up your local Chinese restaurant. Jews have had this tradition for decades.

Coming Events / Dates to Remember:

<p>November 14, December 12, 2013 and January 9 & 23, 2014 2nd & 4th Thursday 7:00 – 8:30 Doylestown, PA</p>	<p>NAMI FAMILY SUPPORT GROUP Doylestown Mennonite Church 590 N. Broad St. Doylestown, PA 18901</p>
<p>November 4 & 18, December 2 & 16, 2013 and January 6 & 20, 2014 1st & 3rd Monday 7:30 - 9:00 pm Newtown, PA</p>	<p>NAMI Family-to-Family Support Group Meeting - Lower Bucks – Crossing Community Church 80 Silver Lake Rd., Newtown, PA 18940</p>
<p>November 14 & December 12, 2013 5:30 pm Warminster, PA</p>	<p>MY LIFE – Magellan Youth Leadership Inspiring Future Empowerment & My Life Too – Parent Support Group Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 For more information, please call Stephanie Lucas at 215-504-3900 Ext. 63854 or slucas@magellanhealth.com www.facebook.com/MYLIFEyouth</p>
<p>November 5 & 19, December 3 & 17, 2013 and January 7 & 21, 2014 Voice & Vision Warminster, PA 18974</p>	<p>NAMI Connection Recovery Support Group Support group for adults with mental illness, regardless of diagnosis. Voice and Vision Office at 600 Louis Drive, Suite 106, Warminster, PA 18974. 1-866-NAMI(6264).</p>
<p>November 21, 2013 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 Topic: Co-Occurring Mental Illness & Trauma: Impact on the Family Nick Weingarten, LCSW</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@namibuckspa.org 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.namibuckspa.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.