

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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Dual Diagnosis: The Mental Illness No One Wants to Talk About

With

Dr. Michael Frost and Dr. Denise Senyk

Thursday, February 18, 2010 at 7:30 P.M.

Please join us for our February 18, 2010 General Meeting. Our speakers will be Dr. Michael Frost and Dr. Denise Senyk who will speak about Dual Diagnosis: The Mental Illness No One Wants to Talk About. Dr. Frost is president at Frost Medical LLC, Assistant Professor of Family Medicine at Drexel University College of Medicine and Director of Internal Medicine and Addiction Medicine at the Horsham Clinic. Dr. Senyk is a psychiatrist in private practice as well as on staff at the Horsham Clinic. She is also part of the Lighthouse Network.

**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**

Message from our President

Dear Friends,

In these uncertain times of budget cuts and economic uncertainty NAMI needs your help more than ever. The Greater Philadelphia NAMI Walks is our best opportunity to raise not only awareness but also funds to support our mission. Last year we raised over \$4,000. This year we have set our goal at \$30,000. We need to raise this amount to assure our financial future and continue the work we do in the community. We cannot achieve this goal without your help. Please mark your calendars for the morning of Saturday May 2nd for the Greater Philadelphia NAMI Walks! By participating in this fabulous event you can spread awareness of the prevalence of mental illness, the message that recovery is possible and participate in our chapter's biggest fundraiser all at the same time! Register now for the walk at: http://www.namibucks.org/nami_walks1.htm. You can join our team- "Bucks for Brains" or form your own team to commemorate your or your family member's struggle with a brain disorder! You can also donate or support a specific walker. Please join your NAMI family and me for an uplifting morning of fun, camaraderie and common purpose.

Kathleen Campbell
President NAMI Bucks

NAMI of PA,
Bucks County Chapter

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Debbie Moritz

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P.O. Box 355
Warrington, PA 18976
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.namibucks.org

**NAMI Bucks County
Newsletter**

Letters, News Articles, and
Announcements are welcome --
Deadline for articles for our Spring
2010 issue is March 22, 2010
Send to above address or by e-mail to
info@namibucks.org

Announcements

NAMI of Bucks County now part of United Way Donor Choice Program

Donors can now 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: THIS IS A NEW NUMBER. 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.

Bucks County COMPEER

Bucks County COMPEER is seeking volunteers throughout the county to be a friend to people in mental health recovery. It takes just four hours a month to make a difference in someone's life and give one of the greatest gifts a person can receive...FRIENDSHIP. To find out more about volunteering, please contact Julie Pulvers @ 215-785-2825.

WE NOW TAKE CREDIT CARDS

Renew your Membership or Make a Donation to NAMI of Bucks County Online.

You can now become a new member, renew your current membership and/or make a donation to NAMI with your credit card either online or through the mail. You can use your own bank account or a credit card through a secure server at *PayPal*® to pay online. Visit our website at www.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

Catherine Castaldi
 Mary Cerny
 Paul & Josi Costalas
 Velia Dean
 Nancy & Vincent Debronze
 Rich and Carol Jensen Garcia
 Carol Ann Hanson
 Donna Giordano
 Margie & Don Green
 Randy Irion
 Marie & Vincent Lattanzi
 Dorothy McClellan
 Janet & Henry Nitka
 Barry Platt
 Shelly & William Quigley
 Joan & William Raspanti
 Michael Louis Reid
 Arthur & Barbara Stakes
 Chris Taylor
 Marcie & Derek White
 Marsha & Albert Zbik

\$26 to \$50

Gary & Teresa Borradaile
 William Donnelly Sr.
 Isabel & Robert Godwin
 Deborah & Wayne Lyons
 Scott & Jennifer Marshall
 Monika Meier
 Bart & Christina Minsky
 Susan & Ricky Mosely
 William & Alison Montemarano
 Frank Murta –
 Quality Care Options, Inc.
 W. Thomas Oram
 Ben & Joanne Redd
 Robert Rosenberger
 Jeffrey & Ann Rutan
 Christine & Carl Shannon
 Doris Weaver

\$51 to \$100

Paul Ambrosini M.D.
 S.W. Calkins
 Carol & Thomas Walsh

\$51 to \$100 Cont'd

Richard & Maryclaire D'Andrea
 Bernadette Dyer
 Kathy & John Gurevitch
 David & Mary McComsey
 Eleanor Thomas & Nick Weingarten
 Sarah Webster, Esq.
 John & Carol Winkler

\$101 to \$500

Karen Capie
 Michael & Martha Farmer
 Saro & Sam Ilangovan

\$500 - \$1,000

Joseph & Anne Gardocki

Office Volunteer

Bernadette Dyer

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

Spring Education Classes Forming Now

Peer-to-Peer Education Class

Our Peer-to-Peer Education program will be offered again in the Spring of 2010. There will be a class held on Monday afternoons in Sellersville, on Wednesday evenings in Warminster, and Tuesday evenings in Bristol.

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.

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 sizes are limited and fill up quickly.

Family-to-Family Education Class

NAMI Bucks County will be offering Family-to-Family Education Classes beginning in March 2, 2010 in Newtown and date yet to be determined in Central 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.

If you are interested in taking the Family-to-Family Education Class, please call 1-866-399-NAMI(6264) to register. **REGISTRATION IS REQUIRED.** Class sizes are limited and fill up quickly.

8th Annual Spectacular Basket Bingo

Wellspring Clubhouse will be holding its 8th annual Basket Bingo fundraiser to benefit the Wellspring Clubhouse, a social and vocational program of Penn Foundation, on March 27, 2010 at the Sellersville Firehouse. 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.

Lower Bucks Consumer Center News

Jacqueline Riker has marked her tenth anniversary this January working as the kitchen manager at the Lower Bucks Consumer Center. Please join us in thanking her for her 10 years of dedicated service.

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

Winter Wonder
By Dorothy McClellan
November 26, 2008

Soft falling snow, cups of hot cocoa.
Little gray snowbirds, reindeer herds.
Red berry bushes, ice that crushes.
Green trees of pine,
little glasses of wine.
The moon is high and far away.
The stars twinkle, they are at play.
Children make snowmen big and fat
With a carrot nose and a
black sloppy hat.
Everyone likes to ride in a sleigh.
When we go to Grandmom's
we sing all the way.
Sleds are great too.
They go fast down the hill
when the snow is new.
Put on your snow gear,
your boots and gloves.
Let's partake of winter loves.
Winter is a wonder
like summer thunder.
It's given to us by the God of seasons
He is smart, he has his reasons.

By Dorothy McClellan
December 8, 2008

I search my mind and joys I find
Joy is sunshine, joy is rain
Joy is good health and free from pain
Joy is the splendor of a smiling face
Not the rush of a frenzied race
Joy is a happy goal to seek and behold
Joy destroys weary, it is not dreary
Joy is delightful, it chases frightful
Joy is a rosebud covered with dew
With a beautiful red colored hue
Joy is laughter in a happy home
Children playing and not alone
Joy is freedom and lots of love
Spreading out to the skies above
Joy is a happy heart
Brought by kindness which is very smart
God gives the gift of joy
But we must look and seek and employ
Joy opposes war
There is too much greed we are fighting for
Joy is peace and a world that is sane
Joy is soldiers coming home again



THE SECOND CLASS OF CRISIS INTERVENTION OFFICERS RECEIVE CIT DESIGNATION

Crisis intervention Team (CIT) model introduced in Bucks County



*Agnes McFarlane
NAMI Bucks
Bucks County CIT Task Force*

On Friday, January 15, 2010, the second class of 24 new CIT (Crisis Intervention Team) officers graduated. The graduation took place at the main lobby of the Bucks County Community College Lower Bucks Campus which has been very generous in facilitating the 40 hour program.

CIT is an innovative, first-responder model of police-based, crisis intervention developed with community, behavioral healthcare, and advocacy partnerships. Charles Bechtel, Agnes McFarlane and Carol Meholic represent NAMI Bucks on the CIT Task Force, which has put together this training. 21 Officers from Bensalem Twp., Northampton Twp., Middletown Twp., Lower

Southampton, Lower Makefield Twp., Newtown Twp., New Britain Twp., 2 officers from Bucks County Corrections and 1 from Bucks County Adult Probation/Parole participated in the week-long training leading to the certification as a CIT officer. CIT, which originated in Memphis, TN, is designed to help police officers effectively respond to individuals in crisis whose behaviors bring them in contact with law enforcement.

CIT is a jail diversion program designed to improve the outcomes of police interactions with individuals whose behavior is influenced by mental illness, substance use, mental retardation and related conditions. Officers learn to recognize psychiatric distress and other conditions and how to de-escalate a crisis — avoiding officer injuries, consumer

deaths and tragedy for the community. In addition, CIT officers learn how to link people with appropriate treatment, which has a positive impact on fostering recovery and reducing recidivism.

Research has proven that CIT training reduces arrests, the use of restraint, citizen and police officer injuries, hospitalization, and vastly improves the safety and satisfaction of all involved.

Those who live in the above named townships--as well as Bristol Twp. and Borough--who need help from police are encouraged to ask for a CIT officer when placing a call. There are now about 50 trained officers throughout the southern end of the county. The next training will be held the week of May 17th.

The Third Annual Greater Philadelphia NAMIWalks Changing Minds...One Step at a Time!, a fundraising and awareness-raising event, is scheduled for Saturday, May 2, 2010 at Montgomery County Community College in Blue Bell. It's now time to create your Walk team. You have the option of forming a Walk team, signing up to walk with an existing Walk 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.

Our Chapter's team, "NAMI Bucks for Brains", is already registered online and anyone may join this team or form your own family or organization team. If you are interested in forming a team or participating in some way, either by joining a team, forming your own and/or volunteering, please call 1-866-399-NAMI(6264). If you would like

to donate, please send a check made payable to Greater Philadelphia NAMI Walks to PO Box 355, Warrington, PA 18976 or go online and support our team or an individual walker on the Walks Website.

http://www.namibucks.org/nami_walks1.htm

We raised more than \$4,000 last year and we hope to raise even more this year. No transportation will be provided to the walk, however, car pool opportunities may be available.

NAMI Bucks Launches NAMI Connection Recovery Support Group



NAMI Connections has come to Bucks County. *NAMI Connection Recovery Support Groups* are open to all adults with mental illness, regardless of diagnosis. Please feel welcome to drop by and share your feelings, difficulties, or successes. Everyone is a valued participant. Anyone with a family member or friend with mental illness who needs support in their recovery process can encourage them to attend a NAMI Connection group, too. Let them know how good it is to be with others who can say, "I've been there, I understand."

NAMI Connection groups offer a casual and relaxed approach to sharing the

challenges and successes of coping with mental illness.

Each group:

- Meets 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

There is no need to register—just come when you feel like you need someone to talk to. The groups are led by trained individuals who are in recovery themselves. They understand your daily challenges and can offer you encouragement and support. All groups are confidential—you can share as much or as little personal information as you wish.

Too often, mental illness is an isolating experience, accompanied by profound anxiety. For those diagnosed with a mental illness such as depression, bipolar disorder,

schizophrenia, or other condition, talking with someone to share coping strategies and insights, as well as problems and concerns, can be an important link in the path to recovery.

NAMI Connection is a recovery support group program for people living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

Connection groups meet on Monday evenings at 6:30 at the Doylestown Mennonite Church at 590 North Broad Street, Doylestown, PA 18901 and on Wednesday evenings at 6:30 at the Penn del Life Program at 152 Monroe Avenue, Penn del, PA 19044. For more information, please call 1-866-NAMI(6264).

They're Living Proof Recovery is Possible

August 31, 2008,
Courier Times, Jo Ciavaglia

A peer-to-peer education program is designed to help people with mental illness learn how they can recover and manage their disease.

Unconditional family support and great medical care still couldn't coax Betsy Kirk out of her small world.

How could people understand what it's like to experience the unpredictable and dramatic mood swings associated with bipolar illness? Even she couldn't accept the diagnosis.

That is until she found others with life stories that sound like hers.

"I met people who had gone through the same or graver situations than myself," she said. "It made a huge difference."

That difference was a nine-week program designed to show people struggling with mental illness how they can manage their symptoms and lead regular lives.

An estimated 26 percent of American adults – about one in four – suffer from a diagnosable mental disorder, according to the National Institute of Mental Health. Only about 6 percent of Americans, or 1 in 17, suffer from serious, potentially debilitating mental illness, such as major depression, schizophrenia or bipolar disorder.

The National Alliance on Mental Illness developed the Peer-to-Peer program in 2000. It has expanded to 31 states, including Pennsylvania. For three years, Bucks County's NAMI chapter has offered the free program, which is starting new classes next month.

What makes the course unique is that it's taught by people who've overcome their own struggles with mental illness. "A lot of times, peers are more likely to listen to someone in the same shoes as them," said Debbie Moritz, director of the NAMI Bucks Chapter. "They can be able to relate to them."



Steve Polomchak, 47, has overcome his bipolar illness and works as a mentor for the Peer-to-Peer program offered through the National Alliance on Mental Illness.
Art Gentile/Staff Photographer

Many of the program's 120 graduates received training and return as mentor specialists and mental health advocates, said Kathleen Campbell, president of the NAMI Bucks chapter.

"It's very important to have people in recovery who are well-educated about their illness and understand their illness and understand what they need to do to recover and accept that they have an illness," Campbell said.

Peer-to-peer class topics include social stigma, discrimination, illness relapse prevention and planning, coping strategies, medication awareness, addiction, relationships and advance directives.

To be diagnosed with mental illness is typically a major traumatic experience that can be difficult to accept, Campbell said. Shock, denial, and bargaining are common first reactions people experience.

"You've got something wrong with your brain and it's not going away," she explained.

Often people can find themselves unable to move beyond their feelings of anger, disbelief, resentment and guilt after being diagnosed and that can prevent them from moving toward

accepting their condition and move on with their lives, Campbell said.

After meeting others with mental illness, including her instructors, in the peer-to-peer program, Kirk learned she could make a difference in the lives of people like her.

The Doylestown resident later became a peer-to-peer mentor. In June, she was named director of NAMI's Lower Bucks Consumer Club, a social outlet for people with mental illness.

"I did not know this – until I ventured away from my small world – that there are many of us," she said. "We're isolating, when we shouldn't be."

Her experience is one that Steve Polomchak understands. The Pennell resident was diagnosed as bipolar in his 20s. Until three years ago. Much of his free time revolved around the Xbox game system. It's not that he didn't have ideas; he had plenty, but no direction. A friend encouraged him to join the peer-to-peer program.

"I'd been doing a lot of thinking, but not a lot of acting," he said. "People had been asking me to do other things, but I didn't know if I could do it, if I was important."

Polomchak, 47 learned he was not only important but he was not alone.

"I had focused on my own [illness], but didn't know about others and what they go through and their symptoms and experiences and how to relate to them," he said. "It was a beginning of knowledge."

It's that knowledge that Polomchak passes on to others as a peer-to-peer mentor and public speaker. Many of the students he taught now work or volunteer with mental health services.

"It's not just people teaching you, but people who've gone through things like you," he said.

"They're living proof that recovery is possible."



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

Sixth Annual Bucks County Youth & Family Resiliency Conference

Bucks County will hold their Sixth Annual Youth & Family Resiliency Conference on Wednesday, March 24, 2010 from 9:00 a.m. - 3:00 p.m. at the Spring Mill Manor, Ivyland, PA. This year's theme is "Humor Promotes Healing". The Featured Speakers will be Gina Gallagher and Patty Konjoian, "The Movement of Imperfection". These women are parents of children with disabilities and have a humorous look at what day to day life is like in their families. The conference will also feature a Family Panel, Youth Presentations and many community resources as well as annual Resiliency Awards. Sponsored by Bucks County Child Serving Systems, Youth and Families. Conference registration materials are available by calling 215-773-9313. You don't want to miss this one.

Teen Mental Health Problems: What Are The Warning Signs

(NAPS)-The teen years can be tough for both parent and child. Adolescents are under stress to be liked, do well in school, get along with their family and make important life decisions. Most of these pressures are unavoidable and worrying about them is natural. But if your teen: is feeling extremely sad, hopeless or worthless, these could be warning signs of a mental health problem.

Mental health problems are real, painful and can be severe. They can lead to school failure, loss of friends, or family conflict. Some of the signs that may point to a possible problem are listed below. If you are a parent or other caregiver of a teenager, pay attention if your teen:

Is troubled by feeling:

- very angry most of the time,
- cries a lot or overreacts to things;
- worthless or guilty a lot;
- anxious or worried a lot more than other young people;
- grief for a long time after a loss or death;

- extremely fearful-has unexplained fears or more fears than most kids;
- constantly concerned about physical problems or appearance;
- frightened that his or her mind is controlled or is out of control.

Experiences big changes, for example:

- does much worse in school;
- loses interest in things usually enjoyed;
- has unexplained changes in sleeping or eating habits;
- avoids friends or family and wants to be alone all the time;
- daydreams too much and can't get things done;
- feels life is too hard to handle or talks about suicide;
- hears voices that cannot be explained.

Is limited by:

- poor concentration; can't make decisions;
- inability to sit still or focus attention;

- worry about being harmed, hurting others, or about doing something "bad";
- the need to wash, clean things, or perform certain routines dozens of times a day;
- thoughts that race almost too fast to follow;
- persistent nightmares.

Behaves in ways that cause problems, for-example:

- uses alcohol or other drugs;
- eats large amounts of food and then forces vomiting, abuses laxatives, or takes enemas to avoid weight-gain;
- continues to diet or exercise obsessively although bone-thin;
- often hurts other people, destroys property, or breaks the law;
- does things that can be life threatening.

To find help, discuss your concerns with your teen's teacher, school counselor or others such as a family doctor, psychiatrist, psychologist, social worker, religious counselor or nurse.

NAMI FAMILY-TO-FAMILY **EDUCATION PROGRAM**

**Classes will be held in Central Bucks
beginning March, 2010 at 7:00 PM
Exact Date yet to be determined
and
Community Crossing Church at
80 Silver Lake Rd., Newtown, PA 18940
Tuesdays, beginning March 2, 2010 at 7:00 PM**

**For Family Members of Close Relatives with
Major Depression, Bipolar Disorder
Schizophrenia and Schizoaffective Disorder
Panic Disorder, Obsessive Compulsive Disorder and
Borderline Personality Disorder**

A series of 12 weekly classes structured to help family members understand and support their ill relative while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it's like to have a loved one with a serious mental illness in the family. There is no cost to participate in the NAMI Family-to-Family Education program. Over 80,000 family members in the U.S. and Canada have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

REGISTRATION IS REQUIRED

Space Is Limited - For Family Members Only- Course Is Free

Call: Debbie to register at 1-866-399-6264

Sponsored by NAMI of Bucks County

PLEASE POST

NAMI Peer-to-Peer

Education Course

Free Education for Individuals with Brain Disorders
(Mental Illness)

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. The course consists of nine two-hour units and is taught by a team of three trained "mentors" who are personally experienced at living well with mental illness.

Class Topics include

- Stigma
- Discrimination
- Relapse Prevention Planning
- Schizophrenia
- Bipolar Disorder
- Depression
- Sleep
- Panic Disorder
- Obsessive Compulsive Disorder
- Storytelling
- Language, Emotions
- Addictions, Spirituality
- Medication
- Coping Strategies and Decision Making
- Relationships
- Advance Directive Planning
- Empowerment and advocacy

Classes will be held at the Abington Health Center, Warminster Campus (Formerly Warminster Hospital) beginning March 3, 2010 on Wednesday evenings at 7:00 and the Penn Foundation's Village of Hope on Monday afternoons at 3:00 beginning March 8, 2010 and at Pennel Mental Health's Rainbow House in Bristol on Tuesday evenings beginning March 9, 2010

REGISTRATION IS REQUIRED

To register or for further information call

1-866-399-NAMI

PLEASE POST

Coming Events / Dates to Remember:

1 ST & 3 rd Mondays 7:30-9:00 PM Newtown, PA	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).
Mondays 6:30–8:30 PM Doylestown Mennonite Church	NAMI-Connection Support Group Peer support group for people with a mental illness. Doylestown Mennonite Church, 590 North Broad Street, Doylestown, PA 18901 For more information call 1-866-399-NAMI (6264)
Wednesdays 6:30–8:30 PM Penndel MH Life Program	NAMI-Connection Support Group Peer support group for people with a mental illness. Wednesdays at Penndel Mental Health’s Life Program at 152 Monroe Avenue, Penndel, PA 19044 For more information call 1-866-399-NAMI (6264)
February 18, 2010 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)	NAMI Bucks General Meeting Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Dual Diagnosis: The Mental Illness No One Wants to Talk About Dr. Michael Frost, Dr. Denise Senyk
February 25, March 25, 2010 7:00 PM Warminster, PA	NAMI-CAN (Children’s and Adolescents Network) Conf. Rm., 600 Louis Drive, Suite 106, Warminster, PA Meets every 4 th Thursday of the month - Call 1-866-399-NAMI (6264) for information
March 2, 2010 Tuesday Evenings Newtown TBD Central Bucks	Family-to-Family Education Program For more information and locations call 1-866-399-NAMI (6264)
March 3, 2010 Wednesday Evenings Warminster	Peer-to-Peer Education Program For more information and locations call 1-866-399-NAMI (6264)
March 8, 2010 Monday Afternoons Sellersville	Peer-to-Peer Education Program For more information and locations call 1-866-399-NAMI (6264)
March 9, 2010 Tuesday Evenings Bristol	Peer-to-Peer Education Program For more information and locations call 1-866-399-NAMI (6264)
March 24, 2010 9:00 A.M. – 3:00 P.M. Spring Mill Manor Warminster, PA	Sixth Annual Bucks County Youth & Family Resiliency Conference “Humor Promotes Healing” Speakers: Gina Gallagher and Patty Konjoian, “The Movement of Imperfection”.
April 15, 2010 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)	NAMI Bucks General Meeting Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Voice and Vision College Plus Program
May 2, 2010 Check in begins 8:00 A.M. Walk begins 10:00 A.M.	NAMI WALKS Montgomery County Community College 340 DeKalb Pike, Blue Bell, PA 19422
June 30 – July 3, 2010 Washington DC	NAMI National 2010 Annual Conference





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 e-mail info@namibucks.org and she will add you to our e-mail list. Each week, we e-mail time-sensitive information and late-breaking news.

**We're on the Web!
www.namibucks.org**

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

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

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