



nami

National Alliance on Mental Illness

Central
Virginia

Announcing New Family Support Group in Church Hill

We are pleased to share a that new Family Support Group has formed in the Church Hill area and will begin later this month! Family Support Group is a free peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. The group is led by facilitators who also have loved ones with a mental health condition.



NAMI Family Support Group - Richmond East End:

Next Meeting: Saturday, February 29th, 11:00 a.m. - 12:30 P.M.

Location: C.H.A.T. (Church Hill Activities & Tutoring), 3015 N Street, Richmond, VA 23223

No RSVP Required

Come to our new meeting and gain insight from the challenges and successes of others facing similar experiences! By sharing your experiences in a safe setting, you can gain hope and develop supportive relationships. This group allows your voice to be heard and provides an opportunity for your personal needs to be met. It encourages empathy, productive discussion and a sense of community. You'll benefit from other's experiences, discover your inner strength and empower yourself by sharing your own experiences in a non-judgmental space.



Get trained to lead NAMI Classes, Groups, and Presentations

It would not be possible for NAMI CVA to advance its mission without the dedicated program volunteers that lead the free community programs - our beloved presenters, facilitators, and mentors. Each program volunteer is certified through an official NAMI training, and now is your chance to take part!

See below for the schedule of program trainings, offered free of charge thanks to support from [NAMI Virginia](#) and [DBHDS](#).

Family Support Group Facilitator Training

When: March 21-22

Application deadline: March 2nd

In Our Own Voice Presenter Training

When: April 4th

Application deadline: March 9th

Online training deadline: March 23rd

Family-to-Family Teacher Training

When: April 25-26th

Application deadline: March 30th

Online training deadline: April 13th

Connection Facilitator Training

When: May 2-3

Application deadline: April 13th

If you are interested in being trained as a program volunteer, the first step is to contact Program Coordinator Jeff Conley to receive an application. Reach out by emailing jeff.conley@namicentralvirginia.org or calling 804-285-1749 to get started.



UPCOMING VOLUNTEER OPPORTUNITY: CBS 6 Expo

The Richmond Women's Health & Fitness Expo will be held on **Saturday, February 29th**, and NAMI CVA will need volunteers for a vendor booth! The Expo is the largest local health event of the year, with an average attendance of over 3,500 people. What a perfect opportunity to tell our neighbors about NAMI CVA! Are you available to volunteer at the

event?

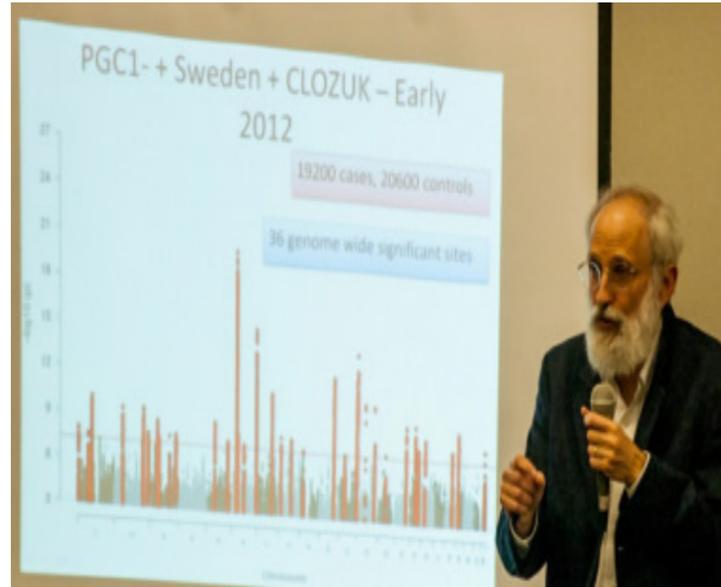
The Expo is from 10:00 a.m. - 4:00 p.m., and will be held at the Richmond Raceway Exhibition Hall, located at 600 E. Laburnum Ave. For events of this length, volunteers are typically asked to work the booth for two-hour time slots. Volunteers can attend the event for free, and are welcome to explore the Expo and the 100+ vendor booths before/after their shift!

If you are interested, please contact the office for further details: [email](#) or call 804-285-1749.

NEXT GENERAL MEETING:
February

Our February general meeting will take place next week (**Thursday, February 13**) at the [Weinstein JCC](#) (5403 Monument Avenue, Richmond, VA) at 7 p.m.

Dr. Kenneth S. Kendler will serve as our speaker. Dr. Kendler is an expert in genetic research as it relates to psychiatry. To learn more about Dr. Kendler, visit [this page](#).



We'll look forward to seeing you there!

Children's Challenging Behaviors



A Class for Parents who have Children and Youth with Mental Health Needs

Saturday, March 21st, 2020
10:00am – 4:00pm
Virginia Treatment Center for Children
1308 Sherwood Ave.
Richmond, VA 23220

***Please use the entrance which faces Sherwood Ave.*



To register or for more information, contact Jeff at 804-285-1749, or email jeff.conley@namicentralvirginia.org

- Provides information to help parents understand typical behaviors versus challenging behaviors that require intervention.
- Learn when and how to seek help, develop parenting strategies, learn the ins and outs of special education and other educational supports, and discover community resources available to families and youth.
- Taught by parents who have been on similar journeys and can provide firsthand experience and knowledge.
- Receive a comprehensive manual with relevant resources and information in one place.

The cost is FREE! Meals are not provided so be sure to bring a bagged lunch. Child care stipends are available, but registration is required.

Sponsored By

 **NAMI** Central Virginia
National Alliance on Mental Illness
Developed by NAMI Virginia as
part of the Virginia Family
Network Virginia



UPCOMING EVENT: REELAbilities: "Suicide, The Ripple Effect" Film Screening and Panel Discussion



Wednesday, February 19, 6:30-9:15 p.m.
Weinstein JCC: 5403 Monument Ave, Richmond, VA



Q&A and Discussion on the topic will follow the film. You can reserve tickets here: <http://bit.ly/namicvafilmscreening>

For more info contact NAMI CVA: info@namicentralvirginia.org or 804-285-1749

This event will also serve as fundraiser for NAMI-CVA: suggested donation of \$10.

To reserve your space at the film screening & panel discussion, [click here](#).

VOLUNTEER SPOTLIGHT:
Colin Connelly

This month, our Volunteer Spotlight is on Colin Connelly. Colin has been with NAMI CVA for nine years, and serves as a key facilitator in the NAMI Connection Support Group program. Colin has started/lead multiple Connection meetings over the years, and is currently a State Trainer who prepares volunteers to lead groups all across Virginia. He served two terms on the NAMI CVA Board of Directors.



Colin has a lifetime of lived experience. His mother had bi-polar disorder when he was young. He would receive that same diagnosis later in life after a manic period that ended in a psychotic break. He never hesitates to share the huge impact that his wonderful wife

Stephanie had during those tough times.

Although he was hesitant to go at first, Colin says that NAMI Connection changed his life. "The reason I became a facilitator and eventually a State Trainer was because the program made me a believer. While I still serve in numerous capacities, Connection is my favorite." Learning from other peers was the most helpful part of his recovery plan.

For four years, Colin has been working as a Certified Peer Recovery Specialist for Henrico County. He currently leads the Connection group in the County's East End office, which serves peers who live as far out as Charles City. Colin has a wide variety of hobbies, including sports, music, chess, fantasy football, and crossword puzzles. He and his wife enjoy the company of two lovely cats, Max and Radar.

BECOME SUICIDE ALERT!



safeTALK
suicide alertness for everyone

SAFETALK TRAINING: Programming for Mental Health Clinicians, Healthcare Clinicians and Peer Support Specialists

Registration is now open for the upcoming safeTALK training program on **Friday, February 28 from 9:30 a.m. to 2 p.m.** at Richmond Wellness Center at 1405 West Main Street, Richmond, VA.

This training is geared towards LCSWs, MSWs, LPCs, LPNs, nurses, caregivers, school counselors, teachers, and others who work with in healthcare, mental healthcare and with patients or clients (including addiction specialists and peer-to-peer counselors and students)

To learn more + register, please visit [this link](#).

MENTAL ILLNESS IN THE NEWS: Recent Matters That May Be of Interest to You

["I was a child therapist. Here's how I parent children with mental illnesses — and how I had to overcome my own biases"](#). Business Insider. February 2020.

["Dudes and Dogs' program aims to help men talk about mental health"](#). Today Show. January 2020.

If you have found content to share with us, please [email](#) Alison so we can include it on our next monthly e-newsletter for the rest of our community.

MEMBERSHIP: Join NAMI!

Become a part of NAMI! Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community and add your voice to the

mental health movement.

Become a NAMI member at all three levels of the organization—national, state and local—with one payment! We have three membership rates depending on what makes the most sense for you:

- \$60 per year for a Household membership that includes all members of a household
- \$40 per year for a Regular membership which is an individual membership for one person
- \$5 per year for an Open Door membership for an individual member with limited financial resources

To join online, please visit [this link](#) for instructions.



CONNECT WITH US: Social Media

Get social with with NAMI Central Virginia!: Click any icon below to begin the conversation with us + our online community.

