



NAMI
National Alliance on Mental Illness

Central
Virginia



Dr. Mark Richardson, Executive Director of NAMI-CVA, with James McCabe of the Lakeside Center on December 16, 2019.

GIFTS FOR THE LAKESIDE CENTER: Thank you!

NAMI-Central Virginia would like to thank all of our holiday party attendees for bringing in a gift for our donation to the Lakeside Center, a day support program that provides psycho-educational, social and recreational opportunities serving individuals with serious mental illness. We appreciate the opportunity to give back as a group during this special time of year.



VOLUNTEER SPOTLIGHT: Susie Walek

This month, the Volunteer Spotlight is on Susie Walek! Susie has been a NAMI member since 2014, and began facilitating NAMI Connection support groups shortly thereafter.

Speaking on her early interactions with NAMI CVA, she says "Something fundamental shifted in me with my first support group meeting and opened up a road to recovery I could not have imagined. I am grateful NAMI offered me the opportunity to volunteer. It was life-changing to discover all my struggles with mental illness were actually

strengthening me to pull up those following after me." Susie has led the support group at St. Lukes United Methodist Church in North Chesterfield for almost six years.

Susie currently works as a Customer Account Manager for Capital One. "There was a time when I did not see myself working full-time again in a productive way, and now I am enjoying all sorts of new adventures, including my career." She is eager to try new things and make new friends. Susie loves yoga, meditation, long jogs in nature, reading, crafts, and whatever else she can get into.

Thank you Susie for your years of service to NAMI CVA and the Connection Support Group program!

MONTHLY GENERAL MEETING: RSVP today!

Our next monthly general meeting will take place on Thursday, January 9, 2020, beginning at 7 p.m. This gathering will take place at the Weinstein JCC (5403 Monument Ave., Richmond, VA).

We're pleased to announce Emily Lowery, Senior Policy Advisor from the Department of Behavioral Health and Developmental Services (DBHDS), will be our speaker. She will be presenting an update on mental health legislation and state budget appropriations.

To RSVP, please email info@namicentralvirginia.org or call 804-285-1749.



NEW PROGRAMMING: NAMI-Central Virginia

NAMI Central Virginia will launch a [Richmond Family Support Group](#) starting February 29th, 2020. It will occur the last Saturday of each month at 10:30 A.M. at C.H.A.T. (Church Hill Activities & Tutoring) - 3015 N Street, Richmond, VA 23223. For more information, call 804-285-1749.



NAMI Central Virginia will offer two Family to Family courses - one in Richmond and one in Chesterfield. Family to Family is a 12-session course for parents, siblings, spouses and other caregivers who have a loved one experiencing serious mental health challenges. These classes are led by trained family members who have lived experience as caregivers. Classes are free of charge, but **RSVP is required.**

Richmond

Date: Tuesday evenings beginning January 28 6:00 - 8:30 P.M.

Location: First Presbyterian Church. (4602 Cary Street Road, Richmond, VA 23226)

Chesterfield

Date: Tuesday evenings beginning February 4 (call for times)

Location: Winfree Baptist Church. (13617 Midlothian Turnpike, Midlothian, VA 23113)

To learn more about this program, [click here](#). To register for either group, please contact Jeff Conley, our Program Coordinator, at 804-285-1749. You may also [email](#) him.



New NAMI Central Virginia volunteers: Tina is second from left, Pam is third from left and Whitney is in the center of the back row.

In Our Own Voice: Recent training

The winter In Our Own Voice presenter training was held on Saturday, December 7, 2019. After 8 hours of in-person guidance and exercises, several new volunteers were certified as presenters. NAMI Central Virginia is proud to have three new IOOV presenters join the team: Pam Kirby, Whitney Moore and Tina Bongiorno. Let's all give them a warm welcome to the program volunteer family!



CREATIVE MEETUP GROUP: Returns January 13th!

Coping skills come in many forms. NAMI Central Virginia is pleased to announce the return of the weekly Creative Meetup - a group for peers to explore coping skills related to art. Come sculpt, draw, paint, create, and socialize with others! Whether you are a seasoned artist or someone starting new, all skill levels are welcome.

This group will meet on Mondays (beginning January 13, 2020) from 2:30-4 p.m. at the NAMI CVA Meeting Room: 1904 Byrd Ave. Suite 205, Richmond, VA.

It's free to participate. To reserve a seat in the group, please call 804-285-1749 or [email](#) to reserve your spot today!

VPM



VIRGINIA CURRENTS: Get ready to tune in to hear Tammy Ozolins' story on VPM!

We are excited to share Virginia Currents will be featuring Tammy Ozolins on an upcoming episode of their program! Tammy is a member, In Our Own Voice presenter, and Connection Support Group facilitator.

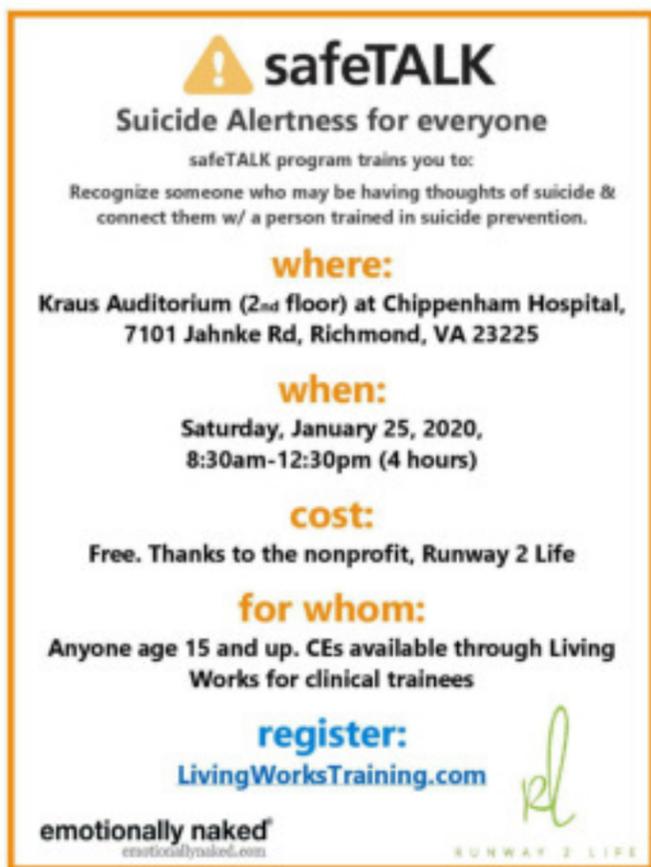
This episode will profile what it's like to live with bipolar disorder, shared from her perspective. It will air Thursday, January 9, 2020 on VPM PBS (WCVE) at 8 p.m. and Saturday, January 11 at 5:30 p.m.

If you are unable to view this program during one of its two air times, you can watch it online beginning January 14 by visiting [this link: https://vpm.org/virginiacurrents](https://vpm.org/virginiacurrents). We are looking forward to tuning into Tammy's story - and hope you are too!



UPCOMING TRAINING: safeTALK

SafeTALK is a half-day (4-hour) training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide. An ASIST-trained resource or other community support resource will be at this training. The 'safe' of safeTALK stands for 'suicide alertness for everyone'. The 'TALK' letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask,



safeTALK
Suicide Alertness for everyone
 safeTALK program trains you to:
 Recognize someone who may be having thoughts of suicide &
 connect them w/ a person trained in suicide prevention.

where:
 Kraus Auditorium (2nd floor) at Chippenham Hospital,
 7101 Jahnke Rd, Richmond, VA 23225

when:
 Saturday, January 25, 2020,
 8:30am-12:30pm (4 hours)

cost:
 Free. Thanks to the nonprofit, Runway 2 Life

for whom:
 Anyone age 15 and up. CEs available through Living
 Works for clinical trainees

register:
LivingWorksTraining.com

emotionally naked
essentiallynaked.com

RUNWAY 2 LIFE

Listen, and KeepSafe.

[Click here](#) to learn more + register.

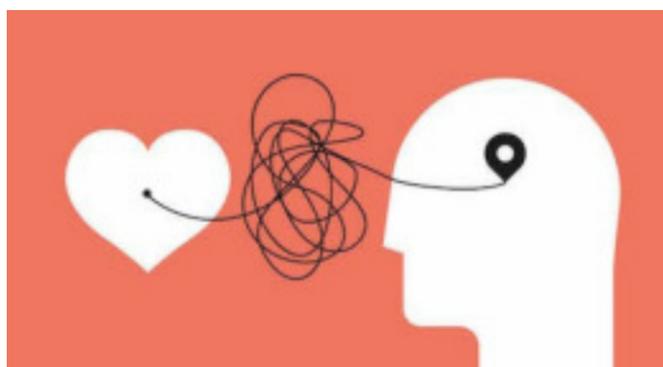
MENTAL ILLNESS IN THE NEWS: Recent Matters That May Be of Interest to You

"[How to Talk About Your Mental Illness at Work](#)". Health. December 2019.

"[Does Mental Illness Run in Families?](#)". Cleveland Clinic. December 2019.

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.

FEATURED BLOG: Getting 2020 started off right!



[Things To Know About Living Well In 2020](#)

By Anna Sharma (from the [NAMI blog](#)).

"Know there is beauty in the midst of the pain, and there will be beauty this year and the coming years. Remember every new year is a blank slate: a chance to start again, reframe the past and strategize for the future.

There is hope and there is always the chance for happiness."



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.



