



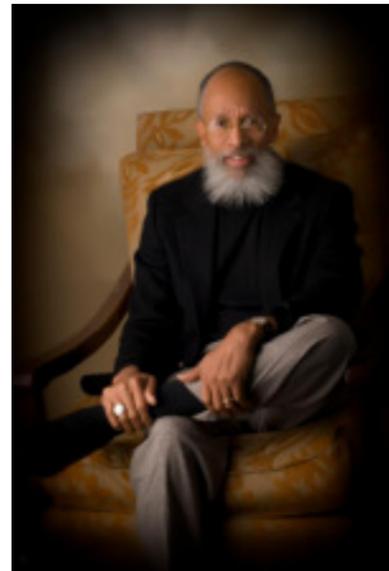
NAMI
National Alliance on Mental Illness

**Central
Virginia**

MARCH GENERAL MEETING

Our March General Meeting will be held in tandem with a special event next Thursday, March 12th, at the **Black History Museum & Cultural Center of Virginia** ([122 W. Leigh St. Richmond VA 23220](https://www.bhccva.org/)) from 6:00 - 8:30 P.M.

Join us for a compelling program titled: *Hidden Brain: The Story Behind the First Insane Asylum for African Americans in the United States*, by King E. Davis, Ph. D., a prominent research professor in the School of Information at The University of Texas at Austin.



Dr. Davis will identify and dissect the historical themes in Virginia that led to the development of Central Lunatic Asylum for Colored Insane in 1870, which existed where Central State Hospital stands today.

There is an Eventbrite page for this compelling talk. Registration is not required, but encouraged. [Please use this link to RSVP](#), and we will see 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



Peer- to-Peer Course in Petersburg starts April 21st

NAMI Peer-to-Peer is an eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

The next class will take place at **District 19 Community Services Board, 20 W. Bank St. Petersburg, VA 23803**. Classes will occur in the 2nd floor Board Room on Tuesdays, from 11:00 A.M. to 1:00 P.M. starting April 21st.

Registration is required: contact NAMI CVA Program Coordinator Jeff Conley to sign up. Send an email to jeff.conley@namicentralvirginia.org or call the office at 804-285-1749.

Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. NAMI Peer-to-Peer is a safe, confidential space. The course provides an opportunity for mutual support and growth. Experience compassion and understanding from

people who can relate to class members' experiences. This is a place to learn more about recovery in an accepting environment.



MEMBERSHIP: Are Your Dues Current?

Do you remember the last time you paid your membership dues? Has it been more than one year?

NAMI Central Virginia has grown quite a lot over the last few years, and we couldn't have done it without the support from our members. Thank you for being a part of the foundation that made this growth possible.

Support from members like you is critical to our mission of improving the lives of people affected by serious mental illness. Please consider renewing your membership by [visiting this link to create a NAMI.org account and renew your membership online](#). You may also renew by sending a check to NAMI Central Virginia, P.O. Box 18086, Richmond VA, 23226.

Membership benefits include a subscription to various NAMI publications, access to online member-only discussion groups, discounted rates for NAMI conventions, and invitation to attend all NAMI CVA community events.

Membership dues are available at the following levels (rates slightly increased in 2018):

Household - \$60

Individual - \$40

Open Door (limited income) - \$5

If you have any questions or concerns, please contact the NAMI office by calling 804-285-1749 or emailing info@namicentralvirginia.org.

VOLUNTEER SPOTLIGHT: Gloria Green

This month's Volunteer Spotlight is on Gloria Green!

Gloria co-facilitates the Family Support Group at Bon Air Baptist Church, and also helps at the Wednesday groups at the Lakeside Center! She began attending these meetings in 2013, and took the facilitator training in late 2015. She also drives members of Ray's Friends to various events throughout the year, and has been doing so for a similar length of time.



Gloria served in several roles on the NAMI CVA Board of Directors. These include time on the Membership Committee and Hospitality Committee. She was also involved in nominating

people to become directors on future boards.

She is a retired RN after a long career of 50 years. In the early days, she spent two years with the Navy Nurse Corp. during the Vietnam War! She has been happily married for 52 years and has raised two wonderful sons. She has a wide variety of hobbies including music, theater, dance, reading, and traveling to different countries. Gloria has also been very involved in her church, teaching women and children to perform in dramas, musicals, and choirs.

In speaking about her experience with NAMI, she says “NAMI has been one of the resources for me to serve and grow a bigger perspective on challenges. I am very grateful for the times shared over these past 7 years.”

Recap: THRIVE Women's Health & Fitness Expo hosted by CBS 6

On Saturday, February 29th, NAMI CVA participated in the annual Expo hosted by CBS 6. This year, it was titled THRIVE Women's Health & Fitness Expo and was held at the Richmond Raceway Exhibition Hall on Laburnum Ave. Thousands of participants visited the Expo throughout the day. NAMI



CVA volunteers Betty Miller (pictured), Portia Chan, and Darryl Matthews spoke with men & women from all across the Central Virginia region about free mental health programs and other resources they may find helpful. They also collected several email addresses from Expo attendees so NAMI CVA can reach more people!

If you are interested in volunteering for future community health events, please contact the office by emailing info@namicalcentralvirginia.org or calling 804-285-1749 to get connected.

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

[Eating Disorders: What to Do When Your Teenager is at Risk](#)

[Netflix Show 'I Am Not Okay With This' Nails Real Effects of Suicide Loss](#)

[Arizona Governor Sign's 'Jake's Law' Into Effect, Improving Access to Mental Health Care](#)

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