



National Alliance on Mental Illness

**NAMI**

**Central  
Virginia**

## **May 2020 Monthly Newsletter**



May is Mental Health Awareness Month, and it is clear that this topic is more important now than ever. NAMI Central Virginia continues to offer support groups online and share helpful supportive/educational information during the COVID-19 pandemic. Even in times of social distancing, we are coming together as an affiliate, and as a community. Thank you for helping to advance our mission, and improve the lives of those affected by serious mental illness.

If you are in a position to do so, please consider a donation to support our efforts:

[\*\*Donate Now\*\*](#)

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**[Schedule of Upcoming Online Programs](#)**



Are you seeking mental health support? Are you the caregiver of a loved one living with a mental illness? Be sure to check out one of our online support groups. The following schedule is all of the NAMI Central Virginia online support groups for the rest of May. In order to join any meeting, register by emailing [jeff.conley@namicentralvirginia.org](mailto:jeff.conley@namicentralvirginia.org), or call 804-285-1749 for access to the appropriate group.



*for caregivers of a loved one with a mental health condition*

Mon. May 11 @ 6:30 P.M.  
Tue. May 19 @ 6:30 P.M.  
Wed. May 20 @ 6:30 P.M.  
Mon. May 25 @ 6:30 P.M.

**FSG for Parents of Youth/Adolescents**

Thurs, May 28 @ 6:00 P.M.



*for adults living with symptoms of a mental health condition*

Tue. May 12 @ 6:30  
Wed. May 13 @ 6:30  
Tue. May 26 @ 6:30  
Wed. May 27 @ 6:30

**Connection for Young Adults (18-30)**

*Thurs, May 21 @ 8:30 (tentative)*

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## **IOOV Presenter Speaking at Virtual BPD Walk**

Our very own Andi Chrisman is going to be a featured speaker at the upcoming Emotions Matter: Virtual Walk for Borderline Personality Disorder! This will take place on Sunday, May 31, at 11 A.M. The speakers will be shown *live* on the [Emotions Matter Facebook page](#); the page also contains how to register for this virtual walk.



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## **Volunteer Spotlight: Zoom Facilitators**



We would like to highlight NAMI CVA facilitators who have graciously offered their time and talents to lead online mental health support programs. These volunteers stepped up to the plate and adapted very quickly to doing their program virtually. We are proud to have them representing NAMI CVA as we continue to provide support during this time of social distancing. Let's take a moment to recognize the online program facilitators/mentors:

### **Family Support Group**

Bill Cannell  
Gloria Green  
Paula Harstad  
Linda McLeod  
Betty Miller  
Beth Tolley  
April Spencer  
Brittney White

### **Family to Family**

Chris DiChristina

Lynn DiChristina  
**NAMI Connection**

Colin Connelly  
Ashlee Fleming  
Pam Kirby  
Marshall Shelton  
Sammy Stiles

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## **Mental Health Resources During COVID-19 Social Distancing**

[Talkspace Blog: Remaining Emotionally Connected While Practicing Social Distancing](#)



[CDC: Helping Children Cope With Emergencies](#)



[Forbes: 18 Tips on How to Cope With Working From Home With Children](#)

