Mental Health Matters
By: Jenn Bartone, Executive Director

Please register and join us for our

Miles for Mental Health & Wellness Walk and Symposium!

NAMI Geauga will highlight 8 Whole Health and Wellness life skills necessary for success. Event workshops and activities will be held throughout the morning that promote healthy living, followed by our annual fundraising Walk from Berkshire High School through Burton, Ohio.

Your Passport to Wellness starts here... Register online at:

www.namigeauga.org

A fun and Delicious Collaboration to help us promote area businesses along with our county-wide Miles for Mental Health and Wellness Walk and Symposium, the NAM-NAM NAMI TREAT!

$1 of your purchase will be donated to NAMI Geauga County Programs.
NAMI HIKE FOR HEALTH

Join us for fellowship, fresh air and fun!
A low-stress outing like a Hike is a great way to combat depression and other ailments.
Saturday August 12th 10:00-Noon
at the Geauga Park District’s West Woods 9465 Kinsman Rd (Rt 87) Novelty, Ohio
RSVP to Elizabeth at ejohnson@namigeauga.org

Thank You
A Special THANK YOU to our top supporters.

PLANTING FOR CHANGE:

Our goal is to bring the community together to end the stigma surrounding mental illness by offering a nurturing space to make lasting connections and learn gardening skills. This garden is open to individuals living with mental illness/addiction & their loved ones in the community.

For more information on volunteer opportunities and donation inquiries, please contact Elizabeth Johnson at ejohnson@namigeauga.org or at 440-286-6264

Visit us at
Morning Star Friends Church
12550 Ravenna Rd Chardon, Ohio
Open gardening times:
Tuesday – 8-11 am
Thursday – 5-8pm
Saturday – 10:30-12:30 pm

Although Wellness Wednesdays is not gathering this summer, NAMI Crafters Group will continue meeting the 1st and 3rd Wednesdays of each month at 2pm. Join us and create beautiful items to be sold as fundraising and at craft shows and various NAMI Events.
From the Desk of Elizabeth Johnson, Program Coordinator

Do you have questions about mental illness? Do you want to learn more about coping skills and how to manage the day-to-day process of this journey? You are not alone. Find answers to your questions and gain knowledge by taking one of NAMI’s signature classes:

REGISTRATIONS ARE NOW BEING ACCEPTED FOR FALL CLASSES

Call 440-286-6264 or email ejohnson@namigeauga.org to Register Today

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Anthony Pero is a new member of the NAMI Geauga family and has been volunteering with us since May 2017 on our Marketing and Advertising Team! With a degree in Business Administration and Marketing through John Carroll University, he has been a gift to our NAMI Miles for Mental Health and Wellness promotion efforts. He shared, “My desire is for people to be able to express themselves however they want without being targeted or bullied for being different.”

Anthony has used his creativity to design the “NAM NAM NAMI” Treat Challenge. He has also been trained as a young adult presenter for our Ending the Silence in-school program. Anthony comments, “I’ve always had social anxiety disorder and I wanted to do something meaningful to help those that are struggling. My friend committed suicide last year and I wanted to do something to pay tribute to her.” In his free time, Anthony loves playing the saxophone, vlogging on social anxiety life hacks, is writing a murder mystery series (Savages) and working out at the gym. Anthony admits that his secret for tackling his busy schedule is lots of black coffee. Thanks for joining the NAMI team Anthony!
NAMI Connection (Peer) Support Group Presents…

**Winning the Daily Challenge of Depression!**

Tuesday, August 29, 7:00-8:30 pm  107 South Street, NAMI Annex Room, Chardon Ohio

Depression affects many people in different ways, but often it can feel as if you are in a well and there is no way out. What can I do? What are my choices? Will it ever get better? Too often, depression can lead to negative, harmful and dangerous behavioral choices. There is a hope! You deserve happiness!

**Arthur Brite** is an international keynote speaker and best-selling author who has battled depression his entire life and experienced many of the challenges of this illness. Through an interactive presentation, he will show you how this disease does not have to dictate your life and define you. Join us to gain inspiration, skills and resources to aid you in your fight with depression.

Remember, **YOU ARE NOT ALONE!**

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NAMI Family and Friends Support Group Presents…

**Employment Services Panel: Options for Your Loved One**

Monday, August 21, 7:00-8:30 pm  107 South Street, NAMI Annex Room, Chardon Ohio

Individuals with mental health conditions are a diverse group of people, with a wide range of talents and abilities. During this presentation, a panel of representatives from community agencies will provide information on their employment services and how it can benefit your family and loved one.

**Partnering agencies:**

- Vocational Guidance Services
- Geauga County Educational Services Center
- Geauga County Job and Family Services
- Ravenwood Mental Health Services

Please RSVP to Elizabeth at 440-286-6264 or ejohnson@namigeauga.org to attend due to limited seating.
NAMI MEMBERSHIP

Household Membership (family) $60
Regular Membership (individual) $40
Open Door Membership (financial need) $5

Mail Checks Payable to: NAMI Geauga County
107 South Street, #5 Chardon, Ohio 44024
Please include your full name, address, telephone and email address.

We Call It the NAMI effect

Every time you lend a hand, share your strength or offer your support and understanding, the NAMI effect grows stronger.

We Call It the NAMI effect

Hope starts with you.

Need More Information?
For more information about Membership, Programs and other Opportunities
Call: 440-286-6264
Visit our Website: www.namigeauga.org

NAMI Geauga County 107 South Street #5 Chardon, Ohio 44024
Jenn Bartone, Executive Director jbartone@namigeauga.org
Elizabeth Johnson, Program Coordinator ejohnson@namigeauga.org

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To Receive this Newsletter and other updates by email or regular mail,
Send your Full Name, Email Address and/or Mailing Address to:
Kelly Bidlack, Administrative Assistant: kbidlack@namigeauga.org

NAMI Geauga respects your privacy and will never sell or distribute your contact information.

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