Mental Health Matters
By: Jenn Bartone, Executive Director

NAMI Speaks Out
Presents:
“Understanding My Diagnosis”
Discussion Panel:

Notre Dame Education Center NDEC
NDCL, 13000 Auburn Rd, Chardon, OH 44024
January 25, 2018
6:30pm-8:30pm

Join us for an informative discussion with individuals living with mental health conditions. Presenters humanize this misunderstood topic by demonstrating that it's possible, and common, to live well with mental health condition. You'll have a chance to ask the presenters questions, which allows for a deeper understanding of mental health conditions and dispel stereotypes and misconceptions. Hear what it is really like to live with a diagnosis and how individuals cope and thrive.

Hear from the EXPERTS: Diagnosis to cover can include:
- ADHD/ADD
- Addiction
- Alzheimer’s
- Anxiety
- Autism
- Bi-Polar Disorder
- Borderline Personality Disorder
- Dementia
- Depression
- Eating Disorders
- PTSD
- Schizophrenia
- Suicide Survivor
- Obsessive Compulsive Disorder

If you are interested in participating as a speaker,
Please contact Jenn Bartone 440-286-6264
Shop for everyone on your gift list this holiday at [smile.amazon.com/ch/260145631](https://smile.amazon.com/ch/260145631) and Amazon donates to NAMI Geauga County.

**MAKE A DIFFERENCE in the life of another!**

Make your donation to NAMI Geauga County because you want to support those in need!

For us to continue to live in recovery or learn how to be successful, we know the foundation needs to include many vital parts including education, support and advocacy at the local, state and national levels.

*Your contribution and support, either big or small, allows us to continue our mission driven work needed right here in your backyard, for your family and within your community here in Geauga County.*
Share Your Voice

Bi-polar Schizo Affective Disorder

He was locked inside his own mind searching for the key to freedom that he’d never find.

Daily struggles led to addictions. He fought the devil while he prayed to God "tell me what's real and what is fiction."

Loneliness ate at him every day. He wondered what he'd done to chase them all away.

He was afraid to close his eyes so he dare not go to sleep, else the devil heard his cries.

His Mama told him about a savior who could take his pain away, so he put his faith in God and he accepted Christ that day.

At the bottom of the bottle, he finally found rest. Now all his Mama can do is pray, that God had mercy when he took his final breath...

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In Memory of my son, Ed Rankin (b) 3/24/68 (d) 7/20/17

The NAMI Crafters Group will continue meeting the 1st and 3rd Wednesdays of each month at 2pm for Art Therapy. Create beautiful items and enjoy meeting others. Items can be donated back to NAMI Geauga to help fundraise at local craft fairs and various NAMI Events.

Wellness Wednesdays will return during the winter months starting in December. Attend and experience fun activities such as games, puzzles, social hour, crafts, and so much more. This group can also work alongside of our NAMI Crafters if interested in learning new hobbies or crafts. Every Wednesday at 2pm. (Please call to reserve your spot at 440-286-6264)
NAMI Geauga Programs

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 EDUCATION CLASSES

To Register call (440) 286-6264 or email programs@namigeauga.org

NAMI Basics

Are you a parent or caregiver of a child with a mental health condition? If so, NAMI Basics is the program for you! Basics covers how to better understand your child while maintaining your own well-being.

This 6-week course begins
Friday, January 12th 10 am-12:30 pm.
Call 440-286-6264 to Register

NAMI Family-to-Family

Are you the family member or loved one of someone with mental illness? It can be overwhelming! NAMI Family-Family provides resources and support with a group of people in a similar situation.

The 12-week course begins
Thursday, January 25th 6:00pm - 8:30 pm.
Call 440-286-6264 to Register

NAMI Homefront

Coming soon!!!! Homefront is an education class for family members of veterans or active military personnel who deal with mental illness. This course gives resources and a supportive community of people who understand the difficulties this situation entails.

Classes to start in January/February-TBD
Call 440-286-6264 to Register

NAMI Peer-to-Peer

Coming soon!!!! Peer-to-Peer is an education course based on wellness and recovery for those dealing with mental health conditions.

The course meets once a week for 10 weeks. Overcome stigma, balance medical needs, or deal with difficult relationships.

Classes to start in January/February-TBD
Call 440-286-6264 to Register
Marah has been with us now for 3 months. She is a student and comes from the Geauga County ESC (Education Service Center) Jobs Training Program. Currently she is working on employability skills and performs a variety of occupational tasks in the office: cleaning, shredding documents, putting together brochures, organizing files and resources. Marah is a hard worker and has been seen performing all of these tasks along with many others throughout her time at NAMI. One of her favorite projects was putting together the wellness packs, containing personal hygiene products and community resources, for patients being discharged from University Hospital Behavior Unit.

These packages are intended to help people get a fresh start once out of the hospital and Marah loved working for this cause. In her free time Marah likes to read, go on walks or do anything outdoors, and also enjoys snowboarding. When asked what the best part about NAMI has been for her, all she can say is “I love NAMI!” We greatly appreciate Marah and the other students work over the past few months. Our volunteers are invaluable to us here at NAMI and we are so thankful for people like Marah!!!!
Need More NAMI Geauga 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

Follow us on Facebook, Twitter, MeetUp and Instagram!

WarmLines
need someone to talk to?

WarmLine: 440-886-5950

Thank you to our Proud Supporters:

OhioMHAS
Promoting wellness and recovery

Fairmount Santrol

The Margaret Clark Hunger Foundation

To receive this Newsletter and other updates by email or regular mail: Send your Full Name, Email Address and/or Mailing Address to:

Katie Garrett, Administrative Assistant:
admin@namigeauga.org

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

Veterans Crisis Line
1-800-273-8255 PRESS 1

See the person, not the illness.

StigmaFree