Mental Health Matters

By: Jenn Bartone, Executive Director

Why do we do this?

“As the holidays approach, I sit and wonder how many people are feeling alone this season or are actually alone not having friends or family in their lives.”

Trying to process this can be quite frustrating and sometimes confusing. We all go about our busy days going to work, school, social activities, hanging on social media, shopping, and so on. But do we ever really STOP and THINK about those who have NO ONE? Or, what if someone may have a huge family and social network, but deep within, feels absolutely ALONE inside?

Can you feel that? Many people throughout the year feel this way every single day and now only magnified when the holidays come around. This struggle is real and the pain can be very deep for so many.

What can we do about it? Just stop and do for others. Focus your thoughts on how you can help someone everyday instead of yourself. Put your mind on the possibility that people around you may be hurting or struggling. Think about those experiencing; loss of family members, maybe the first holidays without loved ones, seasonal depression, financial burdens, family issues, physical illnesses, mental illnesses, the homeless, those held in captivity over addiction, and so much more. TAKE ACTION..... Contact us if you would like to make a difference in someone's life - TODAY!

Are you struggling? First know this ..... YOU ARE NOT ALONE! Join us at one of our support groups. Meet with others just like yourself in a stress-judgement FREE, confidential ZONE. Having support is the foundation we all need to living a happy and successful life. Please contact us for any information or resources you may need. We are here for you!
Support us when you shop this holiday season


Shop for everyone on your gift list this holiday at smile.amazon.com/ch/260145631 and Amazon donates to NAMI Geauga County.

On Today, November 28, 2017 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.

With a donation of $50 or more you will receive a one-year FREE NAMI membership.

With a donation of $100 or more you will receive a one-year FREE NAMI membership and special NAMI Geauga Giving Heart Campaign T-shirt.
Welcome to the NAMI Geauga Family

Sister Mary Judith Anne Sabau

We are proud to announce that the NAMI Geauga Board of Directors recently elected Sister Mary Judith Anne Sabau as the newest board member. Sister Judith has been a nun for the past 53 years. She is currently working in the financial office at Notre Dame and volunteers her time and energy at Geauga Hospital and NAMI Geauga. Her desire to help those in need has led her to working at various levels of Catholic education to child advocacy and much more.

Katie Garrett, Administrative Assistant

Katie Garrett, the new Administrative Assistant at NAMI Geauga. A graduate from Chardon High School, and Kent State University and a former United States Marine. She has an associate’s science degree from Kent State and will receive a bachelor’s degree in Educational Studies with minors in Nonprofit studies and Human Development and Family Studies mid-December 2017. We are very pleased to have her as a part of NAMI Geauga.

Lindsay Gates, Program Coordinator

Lindsay Gates is the new Program Coordinator for NAMI Geauga. She grew up in the Dayton area and recently graduated from Bowling Green State University with a degree in Human Development and Family Studies. She moved to the Chardon area about 2 months ago. She is very excited to be working with NAMI and has always had a passion for mental health work; dealing with mental illness herself and within her family.

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.
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.

**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.

**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**

**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**
LET'S GO...Have a Game Night!!
Friday, November 17, 2017
6:30pm – 9:30pm

NAMI Geauga
107 South Street, Annex
Chardon, OH 44021

Join us for a Game Night!
STRIVE- are you an adult aged 18-24 diagnosed or affected by or diagnosed with a mental health condition?

Everyone bring a game, food, or drink to share

Call Lindsay Gates at (440) 286-6264 or email your RSVP to: programs@namigeauga.org

NAMI Geauga met Alex Payne back in May 2017. Alex is the owner of Hello Mammoth, an integrated marketing and design agency located outside of Cleveland, Ohio. Hello Mammoth specializes in strengthening existing brands and growing emerging ones. He helped design the graphics for the Wellness Walk and Symposium in September including the logo, booklets, posters, flyers, and t-shirts. Alex went to Lake Erie College and has a degree in marketing which has been invaluable to NAMI Geauga since he began working with us. Alex says that he met our Executive Director, Jenn Bartone, and “we just clicked.”

He fully enjoys working with NAMI Geauga because he gets to work on special projects and to see the finished product and the impact it has on people is rewarding. “Even if it’s just raising awareness for NAMI” Alex says, he just wants to help people and this is a great way to do it! In his free time Alex enjoys traveling, playing the guitar, watching Netflix and photography. We are so grateful for all that Alex has done for us recently and cannot wait to see what he has to teach us in the future!
Monday, December 4
6:30 - 8:30 p.m.
Auburn Career Center
8140 Auburn Road, Painesville
Presentation Center
Enter: Door 33/ south side of parking lot

Free to attend!
RSVP or more information:
Pam Schaler-Jones
440-639-1200 or pam@namilake.org

About Kevin Hines
In 2000, Kevin Hines attempted suicide by jumping off the Golden Gate Bridge. Miraculously, Kevin survived. And in the years since he has been sharing his story with the goal of helping others find the help they need. In 2013, Kevin released his bestselling memoir ‘Cracked, Not Broken, Surviving and Thriving after a Suicide Attempt.’

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!

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.