Mental Health Matters
By: Jenn Bartone, Executive Director

JOIN US TOMORROW!!!

Miles for Mental Health & Wellness Walk and Symposium!
NAMI Geauga will highlight 8 Whole Health and Wellness life skills necessary for success. Event workshops, presentations, 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

Look for the NAM-NAM NAMI treats:
Buckeye Chocolate Cafe
Chagrin Falls Popcorn
Dairy Island
Ferroni’s Allegro Cafe & Bistro
and be sure to cast your vote online 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.
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 call 440-286-6264

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.

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 FALL CLASSES
LET’S GO... SUPPORT NAMI!!
Saturday, September 9, 2017
Berkshire High School
14510 N Cheshire St, Burton, OH 44021

We need YOU! Come out for our Miles for Mental Health & Wellness Walk and Symposium to discover new tools and help end the stigma surrounding mental illness.

9-12 pm : Use your skills and talents to volunteer and receive a FREE Lunch!
1-3 pm : Join the STRIVE Team and walk in solidarity to support NAMI.

NAMI MEMBERSHIP

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

Mail or call in payment to: NAMI Geauga County
107 South Street, #5 Chardon, Ohio 44024 (440) 286-6264

Please include your full name, address, telephone and email address.
You Are Not Alone:  
24-hour Geauga County COPELine numbers:  
440-285-5665 or 1-888-285-5665  
NAMI Helpline: 800-950-6264  

CRISIS TEXT LINE: text the keyword 4hope to 741741

THANK YOU TO OUR MILES FOR MENTAL HEALTH & WELLNESS PROUD SUPPORTERS:

The Cisan Family  
Junction Auto Family  
Honest Scales Recycling  
Thrasher, Dinsmore & Dolan  
Michelle Waldron  
Ohio State University Extension  
Bill Davis