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January 2016 Newsletter

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Letter from the President

I am excited and honored to serve as President of the Pensacola Chapter of NAMI. I have a passion for caring for people with mental illness and their families, with many years of professional and personal experience. Serving as president is one way I can give back to the community. We have come a long way in the fight to end the stigma associated with mental illness but there is much more work to be done.

The first board meeting has been held and a plan developed for 2016 aimed at raising awareness and ending the stigma of mental illness. Beginning this month, the meeting on the 4th Thursday will be held at The Pavilion at West Florida Hospital. The focus of this meeting will be education and fun, with guest speakers and some fun events planned. We are also planning another NAMI walk to be held in May, which is National Mental Health Month, and a couple of other fundraising events are planned for later in the year. The Family to Family Program will continue in 2016 with the next class starting February 8th. We are placing a lot of focus on this program as it provides families with education, coping skills and hope. The NAMI Pensacola website has been revised and now contains a calendar of events, a library of educational articles and a method to register for events such as the Family to Family education program online.

We are in need of volunteers and members to help organize events, teach the Family to Family program, and assist in implementing other programs such as the Peer to Peer program.

I thank all the current NAMI Pensacola members and officers for their support in 2015 and look forward to a great year in 2016.

Roger McBride,
President

Upcoming Meetings

The second Thursday meeting on January 14th, 7-8:30pm, will be held at Lakeview Center, Bldg I (Hernandez & H streets). The fourth Thursday meeting on January 28th, 7-8:30pm, will be held at The Pavilion at West Florida Hospital, 2191 E Johnson Avenue (corner of Johnson and N Davis Hwy). Dr. Georgia Ketchum, Psychiatrist, will speak on Depression: warning signs, the ramifications of depression, and what can be done about it. For more information, call 208-1609 or email namipensacola@gmail.com.

We are sending, by separate attachment, flyers on the upcoming Family to Family program and the fourth Thursday education meeting featuring Dr. Georgia Ketchum. We ask that you download and forward these flyers to people you know who could benefit from these programs. And, of course, we hope you will attend!