



nami

Pensacola

National Alliance on Mental Illness

PO Box 18124, Pensacola, FL 32523
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(850) 208-1609
namipensacola.com

namipensacola@gmail.com
Facebook: NAMI Pensacola

Annual Membership Meeting to be Held December 15th

West Florida Hospital will host NAMI Pensacola's **Annual Membership Meeting** on Thursday, December 15 starting at 6pm. Dinner is served at 6:15pm in the Private Dining Room of the hospital cafeteria. The program will include recognition of our sponsors and a recap of the gains made in the past year. Our **NAMI Connection Recovery Support Group** facilitators will introduce the new program, due to start in January. The election of officers will be announced, and any changes to the bylaws will be voted on by the membership.

NAMI Connection Recovery Support Group Starts January 3rd!

We are pleased to announce that the NAMI Connection Recovery Support Group will be held the first and third Tuesdays of each month at 6-7:30pm at Lakeview Center, Building I, 1201 N H Street (between Hernandez & Lakeview). Facilitators are Lauren Ochoa and Lara Sweetland, who attended training in Panama City.

For a number of years, a support group for those who are concerned about their mental health has been needed in Pensacola, and we are at last able to fill that need. The NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. NAMI's Support Groups are unique in that they follow a structured model to ensure that those in the group have an opportunity to be heard and to get what they need. By sharing experiences in a safe and confidential setting, attendees can gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.



Some attendees have said: "NAMI Connection has enabled me to take a good look at my illness and see that I am not alone. The program has given me additional tools to not only accept my illness, but to help others along the way." "... People can solve problems [at a NAMI Connection Recovery Support Group]. It isn't just a bunch of sad stories; people are coming up with solutions and stuff to do for the next week. One of our group attendees is taking her meds and getting herself to her counselor and is just about able to go back to her career in great part due to Connection."

For more information on the support group, call 850 361-9813. Enclosed is a flyer which can be printed out and given to those you know who could benefit.

Talk to a CMHP at the Monthly Support Meeting

NAMI Pensacola holds two meetings per month, for the membership and the public: a support meeting on the second Thursday and an educational meeting on the fourth Thursday. This month, no educational meeting is scheduled due to the holidays. At the Thursday, December 8th support meeting, a mental health professional

will be present to answer questions or provide direction for those who need help with their mentally ill family member or friend. Or even for themselves at a very difficult time for them.

Tasa Isaak, MS., CMHP, Director of Adult Case Management Systems at Lakeview Center will attend the support meeting to address concerns of NAMI members directly. She will also be available to take phone calls at **Lakeview Center** on her direct line (850) 469-3565, or at the **Case Management Office (Sarah)** at (850) 469-3805, if she is away from desk.

The Support Meeting will be held **Thursday, December 8th, 7:00-8:30pm** at Lakeview Center, Building I, 1201 N H Street (between Hernandez & Lakeview).