

Visit our webpage at:

www.namigeauga.org or
www.nami.org/sites/namigeauga
for information on all our programs:

Education

- Educational Speaker Meetings
- Education Classes (registration required)
 - Family-to-Family Class
 - Peer-to-Peer Class
 - NAMI Basics Class

Support

- Peer Support Groups
- Family and Friends Support Groups

Advocacy

- NAMI Walk
- Parents and Teachers as Allies workshop for educators
- NAMI Geauga Crafters

Call 440-286-NAMI (6264)

or email: LREED@namigeauga.org



Education materials are funded by:



**The Gauga Board
of Mental Health and
Recovery Services**

Family-to-Family Participant Comments

"The class provided much more information than anticipated. ...This course really opened my eyes."

"I found out all of the services available in Geauga County that I was not previously aware of."

"I learned a lot of things that have made me feel more educated, more confident in dealing with [my loved one] when he makes ,paranoid' comments. I also feel more compassionate towards him and what he is going through. The class gave us support and hope, which we desperately needed."

"I was much enlightened about the pain the mentally ill person feels and the different symptoms I blamed on the person instead of the illness."

"The class gave me the courage to fight harder and insist on certain things for my child."

"The interaction with others who are experiencing the same things is invaluable."

Peer-to-Peer Participant Comments

"Peer-to-Peer teaches in 10 weeks what it took me 20 years to figure out for myself."

"The teaching support team made the program come alive. Their energy and excitement about Peer to Peer was enlightening."

"I feel much more confident now and am not ashamed to say that I have an illness. I know that speaking candidly about myself helps to break down the stigma that exists in others."

"Peer-to-Peer has allowed me to take the focus off my illness and learn to balance it with the rest of my life. By engaging in recovery I am able to be more relaxed and productive at both work and home."

"This course has given me a sense of who I am. I understand what is going on with me and I am able to cope. I have gained employment and committed to my recovery. I've come a long way since I started."

Brochure revised January 6, 2012, lr

Has Mental Illness Affected Your Family?



**Offers Free
Education, Support,
and Advocacy**

National Alliance on Mental Illness is America's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, and borderline personality disorder.

NAMI Geauga County Mission-

To offer mutual support and empowerment to persons and their families affected by serious mental illness through education, advocacy, and emotional support.

NAMI GEAUGA COUNTY

- Encourages and assists people with psychiatric disabilities to successfully live, socialize, learn and work in the community.
- Advocates for non-disciplinary treatment of the mentally ill and to prevent exploitation of the mentally ill by any group, agency or individual, and to help alleviate the stigma associated with mental illness
- Advocates that the state and county provide for and protect the physical and mental well being of the mentally ill
- Promotes and supports organizations whose purpose is to benefit persons with mental illness and their families.

Annual membership dues are \$35 per family. We have an open door policy for those on limited income. This membership is \$5.

Quarterly Educational Speaker Meetings examine topics affecting those diagnosed with mental illness and their families and friends. We hope you will attend one soon.

NAMI Education Courses are a more intensive look at mental illness and coping skills for both those ill and their family.

Education, Support, Advocacy-

SPEAKER MEETING - 6:30 p.m. 3rd Thursdays Jan, Mar, June, Sep, **usually** at 13244 Ravenna Rd Chardon, call 440-286-6264 email or visit our website for information.

SUPPORT GROUPS:

- **CHARDON** - 1ST Thursday of each month 7 p.m., 13244 Ravenna Rd Chardon; **Peer Support** Group meets.
- **CHESTERLAND** - 2ND Thursday of each month 7 p.m. at the West Geauga County Library south of Rt. 322 on Rt. 306, **Family and Friends Support** Group meets.
- **MIDDLEFIELD** - 4TH Wednesday of each month at 7 p.m. at the Middlefield Library on Rt. 87 just east of Rt. 608 both **Peer Support** and **Family & Friends Support** Groups meet.

EDUCATION COURSES:

- **FAMILY-TO-FAMILY** - Free 12 week course taught by trained family members, provides education and skill training for families and friends having a loved one diagnosed with a severe mental illness (biologically-based brain disorder). Registration is required. Meets in Chardon, Chesterland or Middlefield.
- **PEER-TO-PEER** – Free 10 week course for peers who are interested in establishing and maintaining their wellness and recovery, taught by trained peers. Registration required.
- **NAMI BASICS FOR PARENTS** - Free education program consists of 6 weekly classes and is directed specifically to family members with children and teens with a mental/emotional disorder. Registration required.

ADVOCACY:

- **NAMI CRAFTERS** - Join us 1st & 3rd Wednesdays, 2:00 p.m. at 695 South St. Chardon for fun & craft.
- **NAMI Walk** - each fall.
- **PARENTS & TEACHERS AS ALLIES** – 2 hour in-service for parents and educators.

Won't you join us in our mission?

Check all that apply.

I am interested in an Education Class

- Peer-to-Peer:
- NAMI Basics (for Parents of a Child/Teen)
- Family-to-Family

I am interested in a support group

- Chesterland Families & Friends
- Chardon Peers
- Middlefield Family & Friends
- Middlefield Peers

We are interested in scheduling:

- Parents and Teachers as Allies In-service

I am interested in becoming a member:

- Sponsor \$50
- Family Membership \$35
- Open Door (financial need) \$5

Name

Address

City

Zip Code

Phone

Cell

Email (please print very clearly)

mail to:  **NAMI** Geauga County
National Alliance on Mental Illness

11850 Mayfield Rd. #1
Chardon, OH 44024

or email above information to Linda Reed at:

LREED@namigeauga.org