



National Alliance on Mental Illness, Stanislaus
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Mark Your Calendars:

Board Meeting – Wednesday April 8th at 3:00 p.m.

Guest Speaker & General Meeting – No April meeting. The next General Meeting is on **Wednesday May 20th**. Marilyn Ricketts will be presenting about "Conservatorships - how they happen and what services are provided."

NAMI Walk fundraiser on Tuesday, April 7th at 6:30 p.m. at The Barkin' Dog Restaurant, 940 11th St, Modesto, CA 95354

NAMI Walk Saturday May 2nd, 9:00 a.m. in Sacramento, William Land Park

Two New Connection Groups

Oakdale: Allison Clark, leader; Brandon Dinh, leader (Allison's phone is 209-848-2161) Tuesday evenings 5-6:30 p.m. Every 1st and 3rd Tuesday at the Oakdale Public Library on 151 S. First St.

Turlock: Nancy Godinho, leader; Sue Hantz, leader, every 2nd and 4th Tuesday evenings at the Good Shepard Lutheran Church, Cooper Hall, 1123 Cooper St., Turlock 6:30-8 p.m.

Please check our [calendar](#) or call the office at (209) 558-4555.

Where will you be in April?

Join us at the April 7th Barkin' Dog Fundraiser.

Join us at one of our new peer support groups.

Visit our Earth Day table

Join the NAMI Walk May 2nd

It's time to join a walk team, and you join us May 2nd. Call the NAMI office to find out more or get online to NAMIwalks.org (Northern California walk) and join a team!

Several of our Stanislaus NAMI team captains met in Sacramento on March 6th for a great lunch, good prizes and information on team-building for the upcoming walk in Sacramento, May 2nd 9 a.m. at William Land park.

One new event was to introduce a NAMI walk jingle written by a Sacramento NAMI member. She led the whole group in the song and a conga walk!

Entertainment was led by our group, the *Blues Brothers Duo*, Seena Rhine and Lynn Padlo.

Lynn Padlo NAMI Education Director

You're Invited to a Night of Fun

NAMI Stanislaus will be hosting a **NAMIWalk fundraiser on Tuesday, April 7th** at the Barkin' Dog restaurant downtown Modesto at 6:30 p.m. The event will feature live music, a raffle and silent auction. The auction will feature a beach cruiser bicycle and many other items. Cost for event will be a \$10 donation taken at the door for which you will receive one raffle ticket. Please come and join us to support NAMIWalk 2015.

If you have an item you would like to donate or have any questions about this event, please **call Lynn Padlo at 209-404-6015 or Chris at 209-558-4555.**

Thank you and see you there.

NAMI Support Groups and Meetings

(For more complete information call NAMI at 209-558-4555.)

Oakdale: Connection Peer Support (1st and 3rd **Tuesday**, 5:00-6:30 p.m), Oakdale Public Library, 151 S. First St., Allison Clark, leader; Brandon Dinh, leader (Allison's phone is 209-848-2161)

Oakdale: Family Support Group (1st **Wednesday**, at 5:30-7:00 p.m.), Family Support Network, 1405 West F St. (enter on Oak), Call Judy 209-480-0387

Modesto: Family Support Group (2nd **Mondays**, at 6:30-8:00 p.m.), 500 North 9th Street, Suite D, 209-558-4555

Turlock: Family Support Group (2nd & 4th **Tuesdays**, 6:30-8:00 p.m.), 1123 Cooper St next to the Good Shepherd Lutheran Church (Minaret/Cooper) Call 209-558-4555

Turlock: Connection Peer Support (2nd & 4th **Tuesdays**, 6:30-8:00 p.m.), 1123 Cooper St next to the Good Shepherd Lutheran Church (Minaret/Cooper), Nancy Godinho, leader; Sue Hantz, leader. Call 209-558-4555

Modesto: Connections (Peer Support) (**Thursdays**, 4:00-5:30 p.m. and **Saturdays**, 12:30-2:00 p.m.) 500 North 9th Street, Jana Lynn Community Room, Call 209-558-4555

NAMI Connection is a peer-led recovery support group for people living with mental illness. They learn from each other's experiences, share coping strategies and offer each other hope and encouragement.

For More Information

For information on Spanish Support Groups call us. For information on any of these support groups call the office message phone (209) 558-4555 or send an email to nami@namistanislaus.org.

Education Report: April 2015

Happy Spring everyone!

NAMI Stanislaus has been very busy and has a full schedule of events in April and May.

Congratulations to all the In Our Own Voice graduates:

First of all, we graduated seven new *In Our Own Voice* speakers for our affiliate. We also trained two from San Joaquin affiliate, three from Fresno affiliate and one from Merced affiliate. The IOOV trainers were Doug Smith and Jack Waldorf. All enjoyed the two days in our training and are ready to spread the word of recovery to our counties.

Merced: Rhonda Prater

Fresno: Abigail Cunanan; Adrian Ravizee; Lonnie Hennings

San Joaquin: Merican Medler; Korah Mattus

Stanislaus: Julie Bernardo; Sarieng Rosales; Lisa Sanchez; Nancy Godinho; Destini Rubalcaba; Heather Walton; Ruthanne Hernandez

Article in the Modesto Bee

On Sunday, March 22nd the Modesto Bee published an article titled “Modesto Junior College group looks to de-stigmatize mental illness.” Columnist Jeff Jardine interviewed students who are members of MJC’s NAMI on Campus and published their experiences in dealing with stigma and other issues associated with mental illness. Dr. Kimberly Kennard, MJC Professor of Human Services, facilitated the establishment of NAMI on Campus about a year ago to help provide support to students who were returning to continue their education.

The article also published information about the NAMIWalk Fundraising event on April 7th.

To read the article and view photos taken during the interview:

<http://www.modbee.com/news/local/news-columns-blogs/jeff-jardine/article15664055.html>



APRIL 7TH, 2015 NAMIWalk Fundraiser

WE NEED YOUR SUPPORT!!! HELP NAMI STANISLAUS bring awareness and address the stigma of mental illness, ensuring the decrease of barriers to treatment and recovery. NAMI's signature education programs have served as a beacon of hope for hundreds of thousands of families and individuals. With your support and donations NAMI can continue their mission to combat stigma, promote awareness, and help the millions of Americans affected by mental illness.



**COME
JOIN US**

April 7th

**at the
BARKIN'
DOG
GRILL**

940 11th St

Modesto, Ca

95354

Time: 6:30-9:00

**Enjoy Live
Music**

Silent Auction

**Featuring a
beach cruiser
bike**

**Raffle and
More!!**

**Ten dollar
admission**

**For more info please
call NAMI Stanislaus
at
(209) 558-4555**



NAMI WALK

GET OUT YOUR WALKING SHOES AND JOIN NAMI FOR A GREAT DAY IN SACRAMENTO, MAY 2ND, WILLIAM LAND PARK, 9 A.M. TO BRING AWARENESS OF MENTAL HEALTH RECOVERY.

SIGN UP ONLINE TO JOIN ONE OF OUR NAMI TEAMS;

Joyce's Jolly Joggers	(Joyce Plis, Captain)
Padlo's Pacers	(Lynn Padlo, Captain)
Embrace M.I. Recovery	(MaryLouise Fitzgerald, Captain)
NAMI on Campus	(Lisa Sanchez, Captain)
Mindful Walkers	(Jack Jacques, Captain)
Live the Life you Dream	(Marnye Henry, Captain)

Visit www.NAMIWalks.org/NorthernCalifornia

Look for the team, join a team and/or donate to the walk.

Call Lynn at 20-404-6015 or Chris to get help at 209-558-4555

Graceada Park April 18th

A NAMI table will be set up for Earth Day coming to Modesto on April 18th, Graceada Park.

Come and join the group and help to keep our environment healthy.

Allison Clark, NAMI Oakdale member, will be in charge but can use some volunteers to help her. Call NAMI office 558-4555.