



Autumn 2023

# nami TALKS

## Ventura County

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## NAMIWalks 2023: A Triumph for Mental Health Advocacy

On Saturday, October 7, NAMI Ventura County hosted the much-anticipated NAMIWalks 2023 at the Ventura County Government Center, and the event was nothing short of a resounding success. Drawing hundreds of dedicated walkers, this annual gathering brought together the community for a day of inspiration, awareness, and fundraising in support of mental health.

### A Day of Impactful Speakers:

NAMIWalks 2023 featured a lineup of exceptional speakers who illuminated the importance of mental health advocacy and community support. The

esteemed roster included:

With his insightful perspective, District Attorney Nasarenko shed light on the role of law enforcement in addressing mental health challenges and emphasized the importance of collaboration between the legal system and mental health advocates. Nasarenko was recently elected to the Board of Directors for NAMI California.

County Supervisor LaVere discussed the local government's commitment to mental health initiatives and shared his vision for enhancing services and support for those impacted by mental illness.

*See NAMIWalk, Page 6*



## **HAS NOT ENDED YET!**

**Sure, we held a NAMIWalk on Saturday, Oct. 7th but that was just the beginning. Teams can continue fundraising and supporting NAMI Ventura County through NAMIWalks until Sunday, Dec. 31st.**

**Please continue supporting NAMIWalks and help us reach the \$200,000 goal by Sunday, Dec. 31!**

**Scan to Donate**



**Continue Fundraising & Collecting Donations at  
[WWW.NAMIWALKS.ORG/VENTURACOUNTY](http://WWW.NAMIWALKS.ORG/VENTURACOUNTY)**

## President's Message

# Shaping NAMI VC 2023 And Beyond

As 2023 is nearing its end, I have some exciting news, a serious request, and immense gratitude for all those who continue to contribute to making NAMI Ventura County an exceptional organization.

Let's start with the serious request first.

As you may be aware, our NAMIWalks event is the largest annual fundraiser. This single event largely supports our free programs year-round. This year, our Board of Directors set a fundraising goal of \$200,000. The lingering effects of the COVID-19 pandemic continue to impact our organization, with sluggish donations, increased operating costs, and a growing demand for classes, support groups, and workshops aimed at combating stigma.

Although we held our NAMIWalks event on Saturday, October 7th, we still have until the end of this year to continue raising funds. We encourage you to keep NAMI Ventura County in mind as you prepare for Giving Tuesday and your end-of-year charitable donations. You can still contribute to NAMIWalks by visiting [www.namiwalks.org/venturacounty](http://www.namiwalks.org/venturacounty).

In the win column, NAMI Ventura County has been awarded an innovation grant from the NAMI national organization to create a new program. This program, tentatively titled "Workplace Wellness," will be developed at NAMI Ventura County by our own Kimberly Quinn. Quinn, the driving force and author behind our Community Cares Workshop, is building this program to include five independent modules specifically for employers to offer to their



employees to address and improve mental health.

The \$100,000 Innovation Grant was part of the generous donations made to NAMI by philanthropist MacKenzie Scott. Look for the Workplace Wellness program to launch in late Spring 2024.

And finally, I want to express my heartfelt gratitude. NAMI Ventura County is a special organization doing exceptional work, and that wouldn't be possible without our amazing volunteers. From teachers and presenters to administrative assistants and special event volunteers, the people who stand with NAMI Ventura County are truly some of the best. Thank you for your continued dedication to mental health education, support, and advocacy.

**Patricia Pape**  
*President, NAMI Ventura County*



## STAFF

**Roberta Griego** *Executive Director*

**Kimberly Quinn** *Community Education & Communications Specialist*

**Arcelia Martinez** *Volunteer Coordinator*

**Kirstin Rizk** *Program Coordinator*

## BOARD OF DIRECTORS

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**Jim Norris** *Vice President*

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## CONTACT

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**Website:** [www.namiventura.org](http://www.namiventura.org)

**Not All Heroes  
Wear Capes...**

**But you CAN  
if you want.**

*Mental  
Health*

**Become a Hero today.**

[www.namiventura.org/mentalhealthhero](http://www.namiventura.org/mentalhealthhero)

## Our Mission

NAMI Ventura County provides advocacy, support, education and resources for individuals and families affected by mental illness, inclusive of all, without discrimination and stigma.



# An Inside Look: Volunteers Make The NAMI World Go Round

By Arcelia Martinez  
Volunteer Coordinator

Today, I'd like to share with you an inside look at the work generously donated by NAMI Ventura County volunteers. Each day I witness proof that our volunteers share one quality: immense heart.

Over the past six months, I have seen many volunteers come and go. I've been blessed to meet some who have been here for months, years, and even decades. I've had the pleasure of connecting with volunteers whose work life has changed and who now have time to dedicate to a specific purpose. Other volunteers want to donate hours to a local cause. I have worked with young people who need credits for school and are happy to enhance their skills with us. Some volunteers are even lucky enough to get paid by their companies to work a few hours a day for a great cause.

Many of you helped us with our moving adventure! We moved and sorted piles, boxes, and more piles. Because of you, we did it!

Because of your help, we were able to cross that bridge and have now settled into our new home.

Others pushed through our NAMIWalks event with a smile and showed up to make it an inspiring event. It made the event so much better and kept it exciting. Otherwise, it may have been the four NAMI VC staff. Don't get me wrong, we can start a party. But, there's nothing like seeing your beautiful faces and enthusiastic cheering on the fight against mental health stigma.

## **“But, there's nothing like seeing your beautiful faces and enthusiastic cheering on the fight against mental health stigma.”**

At our office, there has been a consistent influx of dedicated volunteers coming in week after week ensuring the administrative tasks are completed with attention to detail.

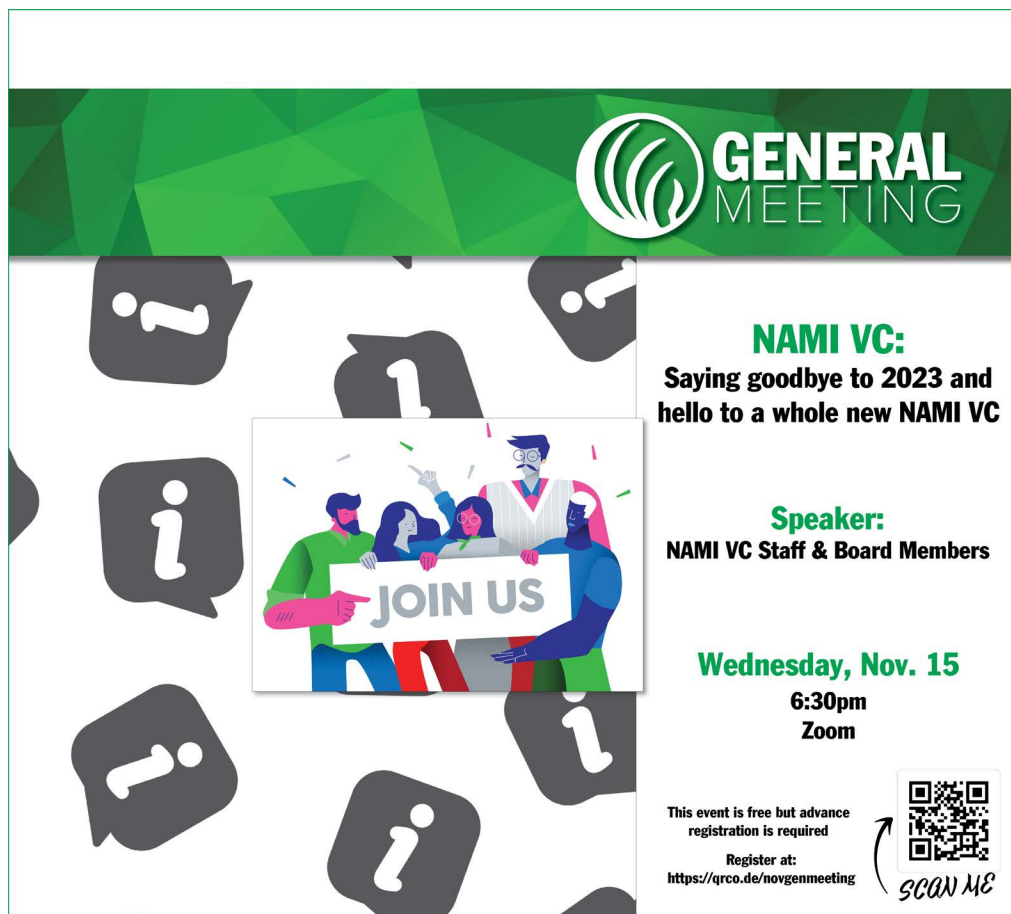
Lastly, and certainly not least, I want to highlight our program teachers, facilitators, and presenters. Most of whom predate my arrival and steadfastly support this cause. These special individuals come with personal

experience and openly share the, often difficult, truths behind living with mental health conditions. Our program volunteers genuinely provide support and inspiration. They are gentle, patient, and compassionate. Who else would we want to lead these programs? I can't think of better people for the job.

For me, this has been an eye-opening time as I delve deeper into the mental health non-profit world. While there have been challenges, I can honestly say it has been a pleasure meeting and coming to care for all of you who make NAMI Ventura County a success.

With that said, let me take this opportunity to emphasize there is still so much help needed. I'll leave you with this. Successful for-profit businesses often say “There's no better compliment than a referral”. Please share with your loved ones, friends, distant relatives, and new people you meet on the airplane on the way back from your vacation. Share with them about NAMI VC, the great work it does, the great community it brings together, and the continued need for consistent and committed volunteers!

*Would you like more information on volunteering? Reach out to me at [arcelia@namiventura.org](mailto:arcelia@namiventura.org).*




**GENERAL MEETING**

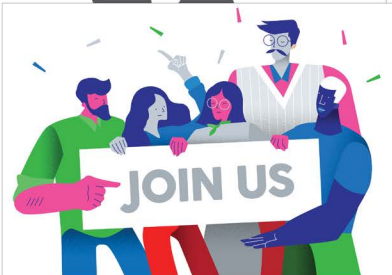
**NAMI VC:**  
Saying goodbye to 2023 and  
hello to a whole new NAMI VC

**Speaker:**  
NAMI VC Staff & Board Members

**Wednesday, Nov. 15**  
6:30pm  
Zoom

This event is free but advance  
registration is required  
Register at:  
<https://qrco.de/novgenmeeting>

 **SCAN ME**



## Donate Through Venmo!



**venmo**

**Scan This Code To Donate!**  
or look for @namiventura  
in your Venmo app



# Cultivating Mental Health at Work

## Unveiling New Innovations For Wellness

NAMI Ventura County is thrilled to share some exciting news. Our organization has been awarded a generous Innovation grant of \$100,000 from the NAMI national organization to develop a cutting-edge mental health program, tentatively named Workplace Wellness. In a world where the well-being of employees is paramount, this program aims to revolutionize how we approach mental health in the workplace.

Just a handful of California NAMI affiliates received funding from this grant initiative, made possible from a generous bequest by philanthropist Mackenzie Scott.

### Program Overview:

Workplace Wellness is an ambitious initiative that encompasses five comprehensive modules. Each module addresses a specific aspect of mental health, promoting education, awareness, and empowerment among employees. Employers will have the opportunity to mix and match modules according to the needs of their workforce.

1. Recognizing & Preventing Burnout: Stress and burnout are pervasive in the

modern workplace. This module will provide employees with tools and strategies to recognize and combat burnout. By developing resilience and effective coping mechanisms, employees will be better equipped to handle the pressures of their roles.

2. Self-Care Strategies: Self-care is often neglected in the hustle and bustle of work life. This module will teach employees the importance of self-care and equip them with practical methods to incorporate it into their daily routines. Encouraging employees to prioritize self-care not only benefits their mental health but also enhances their overall performance.

3. Destigmatizing Mental Health: Mental health stigma is a significant barrier to seeking help. Our program will focus on eradicating workplace stigma and fostering a culture of openness and support. We want every employee to feel safe discussing their mental health concerns without fear of judgment.

4. Effective Communication Tools: Healthy communication is at the core of a positive work environment. This module will teach

*See Wellness, Page 10*

## Tributes

### In Memory Of:

#### Eric Pape

Anne & Ray Higgins

#### Georgia Perry

Dennis Perry

#### John Lewis Peters

Sarah Griffin

#### Josh

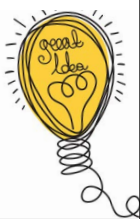
Nicholas Gray

### *Honor A Loved One*

Memorial Donations can be made to NAMI Ventura County through trusts, payroll deductions, Paypal, check, credit card, and Venmo. For more information, please call 805-641-2426 or visit [www.namiventura.org](http://www.namiventura.org)

### What Mental Health Topics Interest You?

What would you like to learn about during a general meeting?  
Email your suggestion to [Kimberly@namiventura.org](mailto:Kimberly@namiventura.org)



JOIN THE SUPER SQUAD TODAY

Mental Health

# HEROES

HEROES CHANGE LIVES

Your monthly donation keeps NAMI VC programs 100% free to participants  
Become a Mental Health Hero today at [www.namiventura.org/mental-health-hero/](http://www.namiventura.org/mental-health-hero/)

# Membership & Membership Renewal Application

Support NAMI by becoming a member. Your membership counts!

Become a NAMI member or renew your membership today to add your name to the list of thousands raising their voices to demand services, support and respect for the millions affected by mental illness. NAMI membership demonstrates your support for the important work being done at NAMI and helps us make our voice heard in our community, in Sacramento, and in the nation's capital.

Members receive NAMI's national news magazine, the Advocate, in addition to local and state newsletters. Members also enjoy reduced costs at conventions, the NAMI Store, and other events, as well as voting privileges to shape the future of America's largest grassroots organization dedicated to building better lives for the millions affected by mental illness. Your membership in NAMI Ventura County supports our programs, increases our ability to help more families and allows us to advocate effectively on behalf of people affected by mental health conditions.

Name: \_\_\_\_\_  
*First Last*

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

## Your annual dues include:

- \$10 for membership in NAMI National and the quarterly newsmagazine, The Advocate
- \$10 for membership in NAMI California and the monthly electronic newsletter
- The NAMI Ventura County newsletter

## Choose Your Membership Level:

☐ \$60.00 Household Membership ☐ \$40.00 Individual Membership ☐ \$5.00 Open Door Membership

This membership is: ☐ New ☐ Renewal

## Make a Donation:

- ☐ I want to donate \$100.00 to **Pay It Forward**
- ☐ I would like to make a one-time donation of \$\_\_\_\_\_ in addition to my membership.
- ☐ I would like to donate \$\_\_\_\_\_ monthly to become a Mental Health Hero

Please bill my credit card: \_\_\_\_\_ Visa \_\_\_\_\_ Master Card \_\_\_\_\_ American Express

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ 3 Digit Code: \_\_\_\_\_

Name on Card: \_\_\_\_\_

☐ *Please use this form to renew my membership annually.*

## Pay by Check:

Make checks payable to NAMI Ventura County. Mail to NAMI Ventura County, P.O. Box 1613, Camarillo, CA 93011-1613

*NAMI Ventura County is an IRS recognized 501(c)(3) Non-Profit Organization and all donations are tax deductible.  
Federal Tax ID #77-0037450*



## NAMIWalks from page 1

In an awe-inspiring testament to the power of advocacy, 9-year-old Everly Carganilla emerged as the event's top walker. Her dedication to the cause serves as an inspiring example of the impact individuals, regardless of age, can make in the realm of mental health advocacy.

### NAMIWalks: Fueling Year-Round Support

NAMI Ventura County's NAMIWalks stands as the organization's largest annual fundraising event, providing crucial support for their year-round endeavors. These efforts support free education, support, and advocacy programming tailored to individuals and communities affected by mental illness. The funds raised during NAMIWalks play a pivotal role in sustaining and expanding these vital services.

Fundraising Continues Until December 31st. The spirit of NAMIWalks 2023 will continue to shine through as the organization carries forward its fundraising efforts. Supporters and participants have until December 31st to contribute to NAMIWalks 2023. Every dollar raised serves as an investment in the well-being of individuals and families impacted by mental illness across Ventura County.

Join the Cause: As the year unfolds, we encourage you to join NAMI Ventura County in their mission to make a difference in the lives of those affected by mental illness. By supporting NAMIWalks and their ongoing initiatives, we can foster a more compassionate and understanding community.

NAMI Ventura County's NAMIWalks 2023 was a remarkable testament to the power of community, advocacy, and dedication. Let's carry the momentum forward and continue to raise our voices in support of mental health.

Together, we can make a lasting impact.

For more information on NAMI Ventura County and how to contribute, please visit [www.namiwalks.org/venturacounty](http://www.namiwalks.org/venturacounty).

# #Together4MH





# New Space, New Beginnings

**By Roberta Griego**  
*Executive Director*

First, I want to thank you for the support you've shown NAMI Ventura County throughout the years and particularly during the last few pandemic years. Because of you, NAMI Ventura County remains a safe harbor for all those experiencing upheaval from mental health conditions and a constant advocate for mental wellness throughout all our communities.

Like others in the nonprofit sector, NAMI Ventura County has experienced distinct challenges directly related to the Covid-19 pandemic. Donations have declined. There is more competition for grants than ever before. And Mental Health Services Act funding is spread thin due to increased need. Those challenges have resulted in a budget shortfall.

NAMI Ventura County is a fighter. We are immediately taking steps to cut costs, increase grant funding, and have undertaken an ambitious goal for NAMIWalks 2023. To cut operating costs, our offices moved to Community Conscience in Thousand Oaks

in September. This generous community organization will save NAMI VC more than \$36,000 per year in rent and utilities. NAMI Ventura County has also welcomed a dedicated grant writer onto the staff. This individual has already shown unique promise and dedication to pursuing new grant funding for NAMI VC.

You can also make a difference starting today. Please renew your membership or become a member by visiting [www.namiventura.org/membership](http://www.namiventura.org/membership).

Additionally, you can help us meet our \$200,000 NAMIWalks goal by registering and fundraising for the 2023 NAMIWalks at [www.namiwalks.org/venturacounty](http://www.namiwalks.org/venturacounty). The 2023 NAMIWalks, which took place Saturday, Oct. 7th at the Ventura County Government Center, was an inspiring day of mental health awareness, advocacy, and a celebration of the work NAMI Ventura County provides, free to all, throughout the year.

Together, you and NAMI Ventura County ensure education, support, and advocacy is a priority across Ventura County.



Photos Courtesy Sabby Garoutte



 **NAMI | Ventura County**



**Find Us At  
Our New  
Location**

**By Appointment At:**

**Community Conscience**  
**80 E. Hillcrest Drive**  
**Thousand Oaks, CA 91360**

# NAMI VENTURA COUNTY PROGRAMS 2023

NAMI Ventura County provides advocacy, support, education and resources for individuals and families affected by mental illness, inclusive of all, without discrimination and stigma.

## FAMILY PROGRAMS

### FAMILY TO FAMILY CLASS

An 8-week education course for families, partners and friends of individuals living with a mental health condition taught by trained family members. *En español como: Familia a Familia.*

### FAMILY SUPPORT GROUPS

These groups are for families, partners and friends individuals living with a mental health condition, including parents, siblings, spouses, partners or friends. *En español como: Grupo de Apoyo.*

## PEER PROGRAMS

### PEER TO PEER CLASS

An 8-week education class for adults living with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of peers living in recovery with mental health conditions.

### NAMI CONNECTION

A twice-monthly recovery support group for people living with mental illness where people learn from each other's experiences, share coping strategies, and offer encouragement and understanding.

## ANNUAL EVENTS

### NAMIWALKS 2023

Every journey begins with that first step! Through NAMIWalks' public, active display of support for people affected by mental illness, we are changing communities and ensuring that help and hope are available for those in need.

### HEART TO HOME HOLIDAY SERIES

A festive and popular NAMI Ventura County tradition expanding in 2023 to three events. For each event, individuals living in board and care facilities receive fun and festive treats. The winter celebration includes a curated party along with a delicious dinner and gift bag. Other seasonal events for 2023 include mini gratitude kits for Valentines Day and a celebration of National Popsicle Day.

## STIGMA BUSTING PROGRAMS

### COMMUNITY CARES WORKSHOP

A 2-hour workshop for all community members looking to learn more about mental health. The workshop focuses on breaking down stigma and building foundations of self-awareness, self-care and communication. *En español como: Cuidado entra la comunidad.*

### IN OUR OWN VOICE

A unique public education program developed by NAMI, where two speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV is an opportunity for those who live with mental illness to gain confidence and to share their individual experiences of recovery. *En español como: En Nuestra Propia Voz.*

## COMMUNITY RESOURCES

### GENERAL MEETINGS

Education and advocacy meetings are free and open to anyone interested in learning about mental health. Guest speakers address a wide range of topics.

### COMMUNITY RESOURCE LINE

NAMI Ventura County's Resource Line is staffed by knowledgeable volunteers who answer general questions about mental health as well as provide referrals to NAMI programs and other community mental health resources. Call 805-500-NAMI.

### COMMUNITY PRESENTATIONS

Designed for your business or organization, these presentations focus on mental health, stigma and everything that NAMI Ventura County offers in the community.

### NAMI FAITHNET

FaithNet is an interfaith resource network for faith communities wanting to welcome and support persons and families living with mental illness. NAMI staff work with faith leadership to fit NAMI programs to the needs in any faith community.

**PROGRAM CALENDAR AND  
REGISTRATION AVAILABLE AT  
[WWW.NAMIVENTURA.ORG](http://WWW.NAMIVENTURA.ORG)**

## SCHOOL PROGRAMS

### ENDING THE SILENCE FOR STUDENTS

A 60-minute program designed to lessen stigma and raise awareness about mental illness. The presentation includes information about warning signs and how to get help as well as a storytelling segment from a lived-experience speaker. ETS for Students is designed for 7th through 12th grade audiences.

### ENDING THE SILENCE FOR SCHOOL STAFF

A 90-minute presentation designed to inform educators and school administrators about student mental health. This presentation includes information about warning signs, facts and statistics, how to approach students and how to work with families. It includes a storytelling segment from a lived-experience speaker.

### ENDING THE SILENCE FOR FAMILIES

This 90-minute presentation is designed specifically for parents or guardians of middle or high school aged youth. The presentation includes warning signs, facts and statistics, how to talk with your child and how to work with school staff. It includes a storytelling segment from a lived-experience speaker.

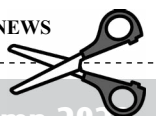
### NAMI ON CAMPUS

When students connect with one another, they can share common experiences and support each other. NAMI on Campus helps make those connections happen. NAMI on Campus clubs work to end the stigma that makes it hard for students to talk about mental health and get the help they need. Clubs plan innovative awareness events in partnership with NAMI Ventura County.

**TO SCHEDULE A PROGRAM FOR YOUR ORGANIZATION,**

**PLEASE CONTACT: [INFO@NAMIVENTURA.ORG](mailto:INFO@NAMIVENTURA.ORG)**

**TEXT NAMI TO 866-583-8376 TO RECEIVE NAMI VENTURA COUNTY NEWS**





# NAMI VENTURA COUNTY PROGRAMAS DE 2023

NAMI Ventura County brinda abogacía, apoyo, educación y recursos para personas y familias afectadas por enfermedades mentales, incluidos todos, sin discriminación ni estigma.

## ROMPIENDO EL ESTIGMA

### CUIDADO ENTRE LA COMUNIDAD

Seminario gratuito de dos horas que involucra a cualquier persona interesada en aprender más sobre la salud mental y el bienestar. Esta presentación de NAMI del Condado de Ventura es un inicio de conversación y presentación de herramienta para organizaciones comunitarias, empresas e individuos que buscan apoyar y practicar el bienestar. Se ofrece en inglés como Community Cares.

### EN NUESTRA PROPIA VOZ

Estas presentaciones cambian actitudes, suposiciones e ideas sobre las personas con enfermedades mentales. Las presentaciones gratuitas de 90 minutos proporcionan una perspectiva personal de las condiciones de salud mental, ya que los líderes con experiencia personal hablan abiertamente acerca de lo que es tener una condición de salud mental.

## RECURSOS DE LA COMUNIDAD

### REUNIÓN GENERAL

Estas reuniones de educación y defensa son gratuitas y están abiertas a cualquier persona interesada en aprender sobre la salud mental. Los oradores invitados abordan una amplia gama de temas.

### LÍNEA DE RECURSOS COMUNITARIOS

La Línea de Recursos del Condado de Ventura de NAMI está atendida por voluntarios expertos que responden preguntas generales sobre enfermedades mentales y recuperación, así como también brindan referencias a programas NAMI y otros recursos comunitarios de salud mental. Teléfono 805-500-NAMI.

### NAMI FAITHNET

FaithNet es una red de recursos interreligiosos de miembros, amigos, clérigos y congregaciones de todas las religiones. Este programa promueve el importante papel de la espiritualidad en los viajes de recuperación de muchos que viven con condiciones de salud mental y para quienes la fe es un componente clave.

## PROGRAMAS FAMILIARES

### A FAMILIA DE FAMILIA

Programa educativo gratuito de doce sesiones para la familia, otros significativos y amigos de personas con enfermedades mentales. La investigación muestra que este programa mejora significativamente las habilidades de afrontamiento y resolución de problemas de las personas más cercanas a una persona con una condición de salud mental. La clase es enseñada por familiares entrenados por NAMI.

### GRUPOS DE APOYO

Grupo de apoyo dirigido por compañeros con experiencia personal. Es adecuado para cualquier adulto con un ser querido que haya experimentado síntomas de una condición de salud mental. Obtenga información de los desafíos y éxitos/triunfos de otras personas que enfrentan o han enfrentado experiencias similares.

## EVENTOS ANUALES

### NAMIWALKS 2023

¡Todo viaje comienza con el primer paso! A través de la demostración pública y activa de NAMIWalks de apoyo a las personas afectadas por enfermedades mentales, estamos cambiando comunidades y asegurando que haya ayuda y esperanza disponibles para quienes las necesitan.

### FIESTA DE CORAZÓN A CASA

Una tradición festiva y popular del condado de NAMI Ventura que se expandirá en 2023 a tres eventos. Para cada evento, las personas que viven en las instalaciones de alojamiento y cuidado reciben obsequios divertidos y festivos. La celebración de invierno incluye una fiesta curada junto con una deliciosa cena y una bolsa de regalo. Otros eventos de temporada para 2023 incluyen mini kits de agradecimiento para el Día de San Valentín y una celebración del Día Nacional de las paletas heladas.

PARA PROGRAMAR UN PROGRAMA PARA SU ORGANIZACIÓN, COMUNÍQUESE CON:  
INFO@NAMIVENTURA.ORG

ENVÍE UN MENSAJE DE TEXTO CON NAMI  
AL 866-583-8376 PARA RECIBIR NOTICIAS  
SOBRE NAMI VENTURA COUNTY

CALENDARIO Y  
REGISTRARSE EN  
WWW.NAMIVENTURA.ORG

## OTROS CON EXPERIENCIA PROPIA

### COMPAÑERO A COMPAÑERO

Programa educativo gratuito de ocho sesiones para adultos con condiciones de salud mental que buscan entenderse mejor a sí mismos y su recuperación. Enseñado por líderes que han sido entrenados y con experiencia personal.

### CONEXIÓN NAMI

Grupo de apoyo gratuito dirigido por compañeros con experiencia personal. Este programa es para cualquier adulto que haya experimentado síntomas de una condición de salud mental. Obtendrá información y mejorará su conocimiento al escuchar los desafíos y triunfos de otros.

## EN LAS ESCUELAS

### TERMINANDO EL SILENCIO PARA ESTUDIANTES

Un programa educativo de 60 minutos diseñado para disminuir el estigma y crear conciencia sobre las enfermedades mentales. La presentación incluye información sobre señales de advertencia y cómo obtener ayuda, así como un segmento de narración de historias de un orador con experiencia vivida. Para grados 7 a 12.

### TES/ PARA PERSONAL ESCOLAR

Una presentación educativa diseñada para informar a los educadores y administradores escolares sobre la salud mental de los estudiantes.

### TES/ PARA FAMILIAS

Esta presentación está diseñada específicamente para padres o tutores de los estudiantes. La presentación incluye señales de advertencia, hechos y estadísticas, cómo hablar con su hijo y cómo trabajar con el personal de la escuela.

### NAMI EN EL CAMPUS

Es una extensión entusiasta y emocionante de la misión de NAMI en la comunidad escolar. Los clubes representando "NAMI en el campus" son clubes dirigidos por estudiantes que se están enfrentando a los problemas de salud mental en el campus.

# Upcoming Events

Register at [www.namiventura.org](http://www.namiventura.org)

## General Meeting

Saying Goodbye to 2023

Speaker: NAMI Staff

Wednesday, Nov. 15 (6:30pm/Zoom)

Register at <https://qrco.de/novgenmeeting>

## NAMI Walks 2023

Ends Dec. 31st

Visit: [www.namiwalks.org/venturacounty](http://www.namiwalks.org/venturacounty)

## Family Support Groups

### Monday Evenings In-Person

1<sup>st</sup> & 3<sup>rd</sup> Mondays/6:30-8pm

Encounter Church Ventura, Room 302

### Tuesday Evenings on Zoom

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays/6:30-8pm

### FaithNet Family Support Group

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays/6:30-8pm

Our Lady of the Assumption Church Parish

House (next to the main sanctuary),

3175 Telegraph Rd., Ventura.

### Grupo de Apoyo

1<sup>er</sup> y 3<sup>er</sup> Martes del Mes/6:30-8pm

Turning Point Foundation,

Oxnard Clubhouse (426 W. 5th St., Oxnard)

Please visit [namiventura.org](http://namiventura.org) for the full schedule and registration.

## NAMI Connections Support Group

Wednesday Evenings on Zoom

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays/6:30-8pm

Please visit [namiventura.org](http://namiventura.org) for the full schedule and registration.

## Family to Family Class

Next class starts Winter 2024

Preregister at [www.namiventura.org/classes](http://www.namiventura.org/classes)

## Peer to Peer Class

Next class starts Tues, Nov. 7

Register at [www.namiventura.org/classes](http://www.namiventura.org/classes)

# Próximos Eventos

Registrarse en  
[www.namiventura.org](http://www.namiventura.org)

## Wellness from page 4

employees how to express their needs, set boundaries, and provide constructive feedback. By improving communication skills, employees can build stronger, more supportive relationships with colleagues and supervisors.

5. Building Support Networks: In today's fast-paced world, resilience is a critical skill. A key part of building resilience is having robust support networks. This module will guide employees in developing support networks to help them navigate challenging situations. By understanding how to bounce back from setbacks, our workforce will become more adaptable and capable of thriving in the face of adversity.


The Impact:


The Workplace Wellness program represents a significant investment in the mental health and well-being of employees in the workplace. By offering education and support in these five key areas, we hope to create a healthier, happier, and more productive workforce. In doing so, we not only enrich lives but also enhance the overall success of organizations of all shapes and sizes.


Looking Ahead:

As we embark on this exciting journey, NAMI Ventura County invites you to stay tuned for updates on the development and launch of the Workplace Wellness program. Together, we can support workplaces that value mental health and empower every employee to thrive.

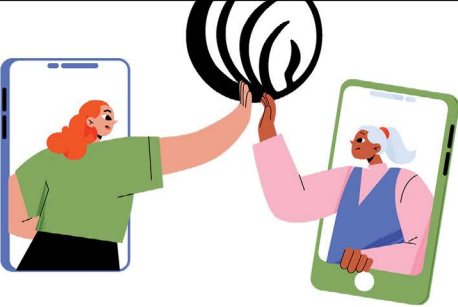
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PLEASE EMAIL [KIMBERLY@NAMIVENTURA.ORG](mailto:KIMBERLY@NAMIVENTURA.ORG)

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**BOOK NOW!**

During the winter holiday season, NAMI Ventura County is dedicated to delivering a full festive experience to individuals living in residential psychiatric facilities and Board & Care Homes. Each facility will receive a full party box complete with games, music, treats, and door prizes and each resident receives a gift bag stuffed with goodies as well as a comforting holiday meal. Now your business or organization can help support sending holiday cheer throughout Ventura County.

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