



Autumn 2024

nami TALKS Ventura County

NAMI Do-It-Your-Way Fundraising Events: Turn Passion Into Impact!

At NAMI Ventura County, we believe that one person can change the conversation around mental health and lead the way toward a brighter future for all. We are thrilled to announce the launch of NAMI Do-It-Your-Way fundraising events, inviting you to turn your passions into impactful campaigns that support the critical work we do in our community.

Every dollar you raise will stay local, directly supporting NAMI's free, top-rated mental health programs and services. These programs are vital for improving the lives of individuals affected by mental health conditions in our community, and your efforts can help us reach more people in need.

By participating in NAMI Do-It-Your-Way, you have the unique opportunity to create a fundraising campaign that reflects your interests and hobbies. Whether you enjoy baking, running, crafting, or hosting virtual events, this is your chance to make a difference!

Engagement is a crucial aspect of your Do-It-Your-Way journey. We encourage you to share your campaign with friends, family, and your social network to raise awareness about NAMI and the life-changing work

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nami
National Alliance on Mental Illness

do it
your way



New Leadership, Bright Horizons Ahead

As we close out a transformative year, I'm excited to share updates, reflect on 2024's achievements, and introduce two incredible new members joining our Board of Directors: James Espinoza, Edward "Ted" Andrews, and Jeff Takeda. Their leadership and passion for service will strengthen our efforts as we continue to grow and thrive.

James Espinoza brings a wealth of experience as a six-year U.S. Army veteran and retired law enforcement leader with over two decades of service. After the tragic loss of his brother to suicide, James co-founded The Veteran Mentor Project, Inc., dedicating himself to mentoring transitioning veterans and survivors of suicide loss. His empathy, advocacy, and expertise in leadership development are sure to inspire our team and amplify our mission. You can read his story in his own words on page 7.

Edward "Ted" Andrews, a Senior Deputy District Attorney, is a champion for justice, specializing in cases of domestic violence, elder abuse, sexual assault, and human trafficking. His steadfast commitment to giving a voice to victims is matched by his dedication to volunteering and educating young minds about the justice system. Ted's compassion and drive for fairness will bring invaluable insights to our board.

We've also welcomed Jeff Takeda to our Board of Directors. A U.S. Marine Corps veteran and active law enforcement officer with over 20 years of experience, Jeff is also a mindfulness facilitator and co-creator of impactful programs like MENT CON, promoting mental resilience in high-stress environments.

This year, we achieved remarkable milestones together. Our Let's Talk Tour brought critical conversations about mental health to teens and



their families across the region. This creative partnership between NAMI Ventura County and filmmaker Arcelia Martinez focused on fostering understanding and reducing stigma.

And, thanks to the NAMI Innovation Grant award, we are designing a series of five workshops designed to help transform workplaces into environments where mental health is prioritized and supported.

Coming soon, we will be introducing the new NAMI Do-It-Your-Way Fundraising Events program, empowering individuals to support our mission creatively and personally. From fun runs to community bake sales, these events are expected to energize our supporters and help us reach new audiences.

Looking ahead, with our staff and volunteers alongside our dedicated board, we're poised to achieve even greater impact in 2025. Thank

Patricia Pape
President, NAMI Ventura County



STAFF

Roberta Griego Executive Director

Kimberly Quinn Community Education & Communications Specialist

Elena Kennedy Program Coordinator

BOARD OF DIRECTORS

Patti Pape President

Jim Norris Vice President

Julia Dixon Treasurer

Mark Stadler Secretary

James Espinoza Director at Large

Jeff Takeda Director at Large

Ted Andrews Director at Large

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Website: www.namiventura.org

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.

Become A Voice For Change: Join NAMI VC

In a world where mental health issues affect millions, the importance of community support and advocacy cannot be overstated. By becoming a member of NAMI Ventura County, you can join thousands of others who are raising their voices to demand services, support, and respect for those affected by mental illness. Your membership is more than just a card; it's a commitment to fostering understanding, compassion, and action in our community.

When you become a member or renew your membership today, you add your name to a growing list of advocates dedicated to improving the lives of individuals and families impacted by mental health conditions. NAMI stands at the forefront of mental health advocacy, and your support is essential to amplifying our voice in Ventura County, Sacramento, and even in the nation's capital. Together, we can bring about meaningful change that makes a real difference in the lives of those who need it most.

Membership with NAMI Ventura County provides numerous benefits that extend beyond simply being a part of a larger organization. Members receive NAMI's national news magazine, The Advocate, which offers valuable insights, updates, and information on mental health issues affecting our communities. Additionally, you'll receive local and state newsletters that keep you informed about upcoming events, educational programs, and advocacy efforts in your area.

One of the key advantages of joining NAMI is the financial support it provides for our programs. Your membership dues help us expand our reach and improve the services we offer to families and individuals affected by mental illness. From support groups to educational workshops, your contribution directly supports initiatives that empower and uplift those navigating the challenges of mental health conditions.

Moreover, as a NAMI member, you'll enjoy reduced costs at conventions, the NAMI Store, and various events throughout the year. This

not only allows you to participate in valuable training and networking opportunities but also grants you access to resources that can help you and your loved ones better manage mental health challenges.

Perhaps one of the most significant benefits of being a NAMI member is the opportunity to shape the future of America's largest grassroots organization. Members have voting privileges, allowing you to influence the direction and priorities of NAMI. Your voice matters, and through your participation, you can help ensure that the organization continues to focus on the most pressing needs in the mental health community.

Advocacy is at the heart of NAMI's mission, and your membership strengthens our collective voice. With a united front, we can advocate for better mental health policies and increased funding for services.

Join NAMI Ventura today at: www.namiventura.org/membership/

GENERAL MEETING

From Passion To Impact
Introducing the new NAMI Do-It-Your-Way Fundraising Events

Speakers:
NAMI VC Staff & Board Members

Thursday, Jan. 16
6:30pm
Zoom

Register at:
<https://bit.ly/JAN2025genmeeting>
This event is free but advance registration is required

Donate Through Venmo!



venmo

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

What Mental Health Topics Interest You?

What would you like to learn about during a general meeting? Email your suggestion to Kimberly@namiventura.org



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

**But you CAN
if you want.**

Mental Health

Become a **Hero** today.

www.namiventura.org/mentalhealthhero



The Holidays Are Here Again Make Wellness A Winter Priority

The winter holiday season is often depicted as a time of joy, togetherness, and celebration. However, this time of year can also bring challenges for many individuals, particularly those struggling with mental health conditions. The pressures of holiday gatherings, financial stress, and the societal expectation of cheerfulness can exacerbate feelings of anxiety, depression, and isolation.

As advocates for mental health, it's essential to recognize these struggles and take proactive steps to support both ourselves and others in our communities. Here are several ways individuals can advocate for mental health during the winter holiday season.

Promote Open Conversations About Mental Health

One of the most effective ways to advocate for mental health is to foster open conversations about it. Use your voice to normalize discussions around mental health challenges. Share your own experiences or those of loved ones (with permission) to illustrate that it's okay to struggle and that support is available.

Social media platforms can be powerful tools for spreading awareness; sharing

articles, infographics, and resources can help educate others about the realities of mental health during the holidays. Encourage your friends and family to share their feelings and experiences, creating a supportive environment where everyone feels safe to express themselves.

Volunteer with Local Organizations

The holiday season is an excellent time to give back to the community. Look for local organizations – like NAMI Ventura County – that focus on mental health support and services, such as shelters, food banks, or mental health advocacy groups.

Volunteering your time can make a significant difference in the lives of those who are struggling. Many organizations may have special holiday programs or events that require

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Tributes In Memory Of:

Marc Chavez

Ernie & Roberta Griego

Jennie Griego-Gutierrez

Ernie & Roberta Griego

Jerry Loudermilk

Resko Osumi

Lou Matthews

CeCe Casey
Sally Kosoff

Lou & Jim Matthews

Ernie & Roberta Griego

Eric Pape

Anne & Ray Higgins

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



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

JOIN THE JOURNEY TODAY

MENTAL HEALTH HEROES

Your monthly donation keeps NAMI Ventura County programs 100% free for all participants
Become a Mental Health Hero today at www.namiventura.org/mental-health-hero/



we do. To assist you in this, we can provide a participant guide and helpful templates for flyers, donation requests, and thank you letters.

When reaching out for support, consider including details about your DIY fundraiser, such as the activities you plan to undertake, how long the campaign will last, and your fundraising goal. This transparency invites your community to join you in making a meaningful contribution. Don't forget to personalize these messages with your own story – the more personal, the greater the impact!

As you embark on this journey, please keep in mind that your fundraising efforts make a significant impact. Let's come together to promote mental health.

To start your Do-It-Your-Way Fundraiser, please reach out to Roberta Griego at 805-641-2426 or roberta@namiventura.org.



Boots on the Ground: Sibling Suicide Loss

By James Espinoza, MS, CPD, RBLP-T
Published Nov. 30, 2024 at Mental Health Awareness Education

Content Alert: Method mentioned briefly. If you are struggling with thoughts of suicide, call 988, the USA Suicide and Crisis Lifeline. For the Veterans Crisis Line's number dial, 988 then Press 1.

Death by suicide happens in silence. The silence runs deeper than just the final breaths a loved one takes alone if they have chosen to take their own life. It happens because of the silence of anyone who may have known of past attempts, the silence of others who know the person is struggling, and the silence of our own choice to protect the person who may have confided they want to no longer live.

I said it. I live with it, but I do not blame anyone but my brother for it.

I am a suicide loss survivor. I lost my only



Retired Army Lieutenant Colonel Pedro "Ponce" Espinoza, II, with his brother, Mental Health Advocate James Espinoza.

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additional hands, and your involvement can help alleviate some of the holiday stress for those in need.

Plus, volunteering can provide a sense of purpose and connection, which is beneficial for your mental health as well.

Host a Holiday Gathering with a Mental Health Focus

brother, a retired U.S. Army officer, to suicide in 2018

What exactly does it mean to be a "suicide loss survivor"?

To me, and in the deepest sense of the term, it means I suffered a traumatic event that altered my life because my older brother took his own life. A first-degree relationship, a person who I knew as an intimate family member for the first

"If your loved one is checking out, it is time for you to check in."

18 years of my life, whom I shared childhood memories with, had parents in common with, cried with, laughed with, vacationed with, played sports with, got in trouble with, and followed nearly my entire life...chose death over life.

He died alone on his basement floor.

Alone.

Sit with that word, until you are ready to read on.

Alone.

He went to his deepest darkest place where he felt the safest, hidden from the world, where he could get away from the hurt, and die alone. It must have been an unbearable pain for him to end his life that way. As a brother, I have a broken heart that will likely never mend. He died alone—a thought I cannot toss from my mind without intentionally looking for new thoughts to enter.

In the filtered world of suicide prevention, we are taught not to discuss the method of death

I will walk a tightrope to share his story without activating you— whom I desperately want to live. My brother's death was a firearm suicide. The most lethal type of suicide death. He was successful in life. And he ended his success with suicide.

The "experts" want me to filter that into a generalized term, "death by suicide." F*ck the filter. I was not given a choice. His immediate family was not given a choice. My family was not given a choice.

As an outwardly "macho man" of the world as some have called me, I lived a life of military service and paramilitary service in law enforcement. I was surrounded by "Type-A" over-achievers who simply wanted to hear you are fine after a traumatic event.

After a family member's death, you get three days of bereavement leave, then back to work. In this case, and with my Dad, I was given five days of bereavement leave. I closed my Dad's casket on a Saturday in 2013 and went back to work in the homicide unit on the following Monday. I closed my brother's casket on a Saturday in 2018 and went back to work the following Monday. I was not OK, in every sense of the term.

Life did not give me a filter when I got the call that my brother died.

Read more of James's powerful story at Mental Health Awareness Education. James channeled his grief into action, dedicating his life to supporting those in need. He co-founded The Veteran Mentor Project and serves on the NAMI Ventura County Board of Directors.

Consider hosting a holiday gathering that places an emphasis on mental health awareness. This could be a cozy get-together with friends and family where you discuss the importance of mental well-being, share coping strategies, or simply create a space for people to talk about their feelings.

You could incorporate activities such as mindfulness exercises, journaling prompts, or even inviting a mental health professional to provide insights and resources. By creating

an open and supportive atmosphere, you can encourage others to prioritize their mental health during what can be a challenging time.

Prioritize Self-Care Practices

Prioritize Self-Care: The hustle and bustle of the holiday season can easily overshadow personal well-being. Set aside time for relaxation, whether it's through meditation, reading, or simply enjoying a quiet moment. Encourage loved ones to do the same.



NAMI VENTURA COUNTY PROGRAMS 2024

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.

TO SCHEDULE A PROGRAM FOR YOUR ORGANIZATION,
PLEASE CONTACT: INFO@NAMIVENTURA.ORG

TELEPHONE 805-500-NAMI FOR THE COMMUNITY RESOURCE LINE

PROGRAM CALENDAR AND
REGISTRATION AVAILABLE AT
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.

NAMI VENTURA COUNTY PROGRAMAS DE 2024

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

TELÉFONO 805-500-NAMI PARA LA LÍNEA DE RECURSOS COMUNITARIOS

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

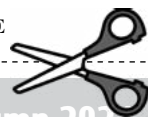
Una presentación educativa diseñada para informar a los educadores y administradores escolares sobre la salud mental de los estudiantes.

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

General Meeting

From Passion To Impact

Speaker: NAMI Staff

Thursday, Jan. 16, 2025 (6:30pm/Zoom)

Register at <https://bit.ly/JAN2025genmeeting>

Family Support Groups

Monday Evenings In-Person

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

New Location Starting 12/16/2024

Email info@namiventura.org for information

Tuesday Evenings on Zoom

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

Grupo de Apoyo

1^{er} y 3^{er} Martes del Mes/6:30-8pm

Turning Point Foundation,

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

Please visit namiventura.org for the full

schedule and registration.

NAMI Connections Support Group

Wednesday Evenings on Zoom

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

Please visit namiventura.org for the full

schedule and registration.

Próximos Eventos

Registrarse en

www.namiventura.org/espanol/

Grupo de Apoyo

1^{er} y 3^{er} Martes del Mes/6:30-8pm

Turning Point Foundation,

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

You're Only Ever
One Phone Call
Away From A
Good Listener &
Local Resources



NAMI Ventura County's
**Community
Resource
Line**

Monday-Friday | 9am-5pm **805-500-NAMI**

Do You Have A Mental Health Story To Tell?

If you are living with a mental health condition, NAMI Ventura County can help you use your experience to help others!

Join the **In Our Own Voice** program and start busting stigma today!

Correo:
Roberta@namiventura.org

¿Tienes un cuento sobre salud mental para decir?

Si usted vive con una condición de salud mental NAMI Ventura County puede ayudarte con cómo usar su experiencia para ayudar a otros!

Unese al programa **En Nuestra Propia Voz** y ayuda a derrotar la estigma hoy!

Correo:
Roberta@namiventura.org

Cuando se registra en un programa, su información está segura. NAMI Ventura County nunca comparte información personal con ninguna otra agencia.

When you register for a program, your information is safe with NAMI Ventura County. We never share personal information with any other agency.

ARE YOU CONNECTED?



NAMI
Ventura County



namiventura



@namiventura

NAMI Ventura County

In Person:
(By Appointment Only)

Community Conscience
80 E. Hillcrest Dr., Ste 105
Thousand Oaks, CA 91360

Mailing:

NAMI Ventura County
PO Box 1613
Camarillo, CA 93011-1613

805-641-2426 • info@namiventura.org • www.namiventura.org
Community Resource Line 805-500-NAMI



988

SUICIDE
& CRISIS
LIFELINE

AMERICAN SIGN LANGUAGE VIDEOPHONE NOW AVAILABLE

ASL Videophone.
Text. Chat





May All Your Days Be
Merry & Bright

*From
the NAMI Family
to Yours*

Happy Holidays

