



Spring 2025

# nami TALKS Ventura County

## Let's Unite for Mental Health at NAMIWalks Ventura County 2025

On Saturday, May 17, hundreds of community members will gather at Royal High School Stadium in Simi Valley for NAMIWalks Ventura County 2025—a day of unity, purpose, and hope.

Organized by NAMI Ventura County in partnership with The Veteran Mentor Project, this event brings together people from all walks of life to say, “You are not alone.”

More than just a walk, NAMIWalks is a powerful movement to raise awareness about mental health and ensure access to free, life-changing support services throughout the region.

### NAMIWalks Ventura County

**When:** Saturday, May 17

**Check-In:** 9:30am **Walk:** 10am-3pm

**Where:** Royal High School Stadium  
Simi Valley

### Why We Walk

One in five adults in the U.S. experiences a mental health condition each year. Whether it's a friend, loved one, coworker, or yourself,

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# Navigating Change Together

It’s no secret that this has been a time of deep transition for our organization. Due to financial constraints, NAMI Ventura County has made the very difficult decision to lay off all staff and shift back to a volunteer structure. This change is not easy, and it comes with a heavy heart.

We are profoundly grateful to the incredible staff members who have served this organization with skill, compassion, and dedication. They have been the hands and hearts behind so many of our programs, and their contributions will not be forgotten. While some have chosen to stay on in volunteer capacities, others are moving forward to new opportunities. To each of them, we extend our deepest thanks and unwavering support.

To our donors, volunteers, and community partners—thank you. Your generosity and belief in our mission have carried us through this time of uncertainty. We recognize the trust you place in us, and we are working hard to ensure that NAMI Ventura County continues to deliver the free, life-changing programs our community has come to depend on.

While these changes present challenges, they also open the door for renewal. The heart of NAMI has always been its people—volunteers, families, peers, and advocates—coming together to support one another. That heart is still beating strong.

I’m proud to share that our programs will continue. Peer and family support groups are ongoing, educational classes remain available, and community presentations are still reaching those who need them most.



We ask for your patience as we adjust to this new structure, and we invite you to walk beside us as we rebuild.

Speaking of walking—NAMIWalks Ventura County 2025 is just around the corner! Join us on Saturday, May 17 at Royal High School Stadium in Simi Valley for a day of unity, purpose, and hope. This event is not just a fundraiser—it’s a movement. Every dollar raised helps keep our programs free and accessible to all.

With heartfelt appreciation and renewed commitment,

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

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)



## BOARD OF DIRECTORS

<b>Patti Pape</b>	<i>President</i>
<b>Jim Norris</b>	<i>Vice President</i>
<b>Julia Dixon</b>	<i>Treasurer</i>
<b>Mark Stadler</b>	<i>Secretary</i>
<b>James Espinoza</b>	<i>Director at Large</i>
<b>Jeff Takeda</b>	<i>Director at Large</i>
<b>Ted Andrews</b>	<i>Director at Large</i>

## CONTACT

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

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P.O. Box 1613  
Camarillo, Ca 93011-1613

**Resource Line:** (805) 500-NAMI

**Phone:** (805) 641-2426

**Email:** [info@namiventura.org](mailto:info@namiventura.org)

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

**CANDELA GROUP**  
Behavioral Health Advocacy

## TOWN HALL MEETING

Candela's Town Hall brings together community members and local stakeholders—such as service providers, county agencies, and policymakers—for open dialogue, feedback, and advocacy. This event focuses on the theme of behavioral health “warm hand-offs” between agencies, aiming to highlight community needs, share experiences, and promote collaborative solutions. The Town Hall features a community resource fair, a stakeholder panel discussion, and a Q&A segment.

**TUESDAY, JUNE 10TH**  
POINSETTIA PAVILION  
3451 FOOTHILL RD, VENTURA CA 93003

**RSVP Today!**  
Spaces are limited - please reserve your spot for Candela's Town Hall

**STAKEHOLDER REPRESENTATIVES:**  
SUPERVISOR MATT LAVERE  
DISTRICT 1  
**DR. LORETTA DENERING**  
DIRECTOR OF BEHAVIORAL HEALTH  
**ERIK NASARENKO**  
VENTURA COUNTY DISTRICT ATTORNEY  
**MICHAEL RODRIGUEZ**  
CHIEF DEPUTY PUBLIC DEFENDER  
**UNDERSHERIFF JOHN REILLY**  
VENTURA COUNTY SHERIFF'S OFFICE  
**FAMILY MEMBERS AND INDIVIDUALS WITH LIVED EXPERIENCE**

Funding provided by Ventura County Behavioral Health, Mental Health Services Act

**CANDELA GROUP**  
Behavioral Health Advocacy

## Do you or someone you know struggle with mental health?

Join us at the Thousand Oaks Goebel Center for an 8-week journey through the behavioral health continuum of care!

**Week 1 - April 28:** SMI Diagnosis, Crisis Care, and Emergency Department  
**Week 2 - May 5:** Voluntary Care, Involuntary Care, and Conservatorship  
**Week 3 - May 12:** Medical, General Health, and Wellness Habits  
**Week 4 - May 19:** Psychiatry and Therapy  
**Week 5 - June 2:** Career and Education  
**Week 6 - June 9:** Substance Use Services  
**Week 7 - June 16:** Justice Involved Programs  
**Week 8 - June 23:** Community-Based Organizations and VCBH Programs

Weekly Workshops at 5:00pm

**Sign Up Today!**  
Spaces are limited - reserve your spot for East or West County Workshops

**RSVP Options**  
**Email:** [contact@thecandelagroup.org](mailto:contact@thecandelagroup.org)  
**Website:** [www.thecandelagroup.org](http://www.thecandelagroup.org)  
**Call:** (805) 273-1574  
**Location:**  
Goebel Center  
1385 Janss Rd  
Thousand Oaks CA 91362

**What to Expect:**

- Learn about crisis care, recovery, and long-term stability
- Build your own resource binder for behavioral health support
- Connect with peers and experts in a supportive community

**Class Format**

- 60-90 Minute Classes
- 1/3 Topic Introduction + Guest
- 1/3 Peer-Led Discussion + Q&A
- 1/3 Client Binder Development

**Who should attend?**  
Individuals, clients, consumers, and family members seeking education and advocacy tools for behavioral health

Funding provided by Ventura County Behavioral Health, Mental Health Services Act

# Amid Staffing Changes Programs Will Continue Uninterrupted

In a difficult but necessary decision prompted by ongoing financial constraints, NAMI Ventura County has laid off its paid staff members and will return to an all-volunteer model of operation. The organization, which has provided free mental health support, education, and advocacy in the region for decades, announced the staffing change this week with deep appreciation for its team and continued hope for the future.

“This is not a decision we made lightly,” said Patti Pape, president of the NAMI Ventura County Board of Directors. “We are profoundly grateful to the dedicated, compassionate, and talented individuals who have worked tirelessly to serve our community. Their impact is immeasurable, and they will be deeply missed.”

Several former staff members plan to stay connected with NAMI Ventura County in volunteer roles, continuing their commitment to the mission of mental health for all. Two have been dedicating 12 hours a week to oversee the transition and manage the annual NAMIWalks event. Others will move on to pursue new opportunities, carrying their experience and dedication to other important work.

As part of this transition, NAMI Ventura County will shift back to an all-volunteer leadership model—an approach the organization used successfully in earlier years. While this change marks a new chapter, the board is committed to preserving and continuing all current programs to the greatest extent possible.

“Our priority is to keep every class, support group, and outreach effort running,” the board shared. “We ask for the community’s patience as we reorganize and establish this new structure. We remain deeply committed to serving those impacted by mental illness in Ventura County.”

NAMI Ventura County continues to offer free programs including peer-led support groups, family education classes, school and community presentations, and public advocacy. These services will now be delivered and coordinated by trained volunteers, many of whom have long been a part of the organization’s core strength.

The board also emphasized the need for continued community support during this time. Donations, volunteerism, and local partnerships will be critical in maintaining services and reaching those in need.

“We are still here,” the board affirmed. “And as we rebuild, we invite our community to stand with us in making sure no one walks the mental health journey alone.”

For updates, to donate, or to get involved, 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 [info@namiventura.org](mailto:info@namiventura.org)





# Listen Up: NAMI Youth Symposium Amplifies Gen Z Voices

On March 12, NAMI Ventura County proudly hosted the NAMI California Southern Region Youth Symposium at the Ventura County Office of Education. Themed “Empowering Minds: Youth Leadership in Mental Health Advocacy,” the event brought together student leaders from across the region to share their voices and vision for a more supportive, stigma-free future.

The day featured a student-led panel discussion, where youth from Ventura County schools shared personal insights and experiences with mental health challenges, advocacy, and the importance of peer support. Students discussed what it means to speak up, create safe spaces in schools, and encourage open dialogue about mental well-being.

Keynote speaker Dr. Lauren Cook, author of Generational Anxiety, inspired attendees to take ownership of their mental health stories. She emphasized the power of “naming your story” as a tool for healing, connection, and

breaking down stigma in both school and community settings.

The symposium, sponsored by Kaiser Permanente, welcomed participation from students representing six Ventura County high school wellness centers. Through workshops and guided conversations, students learned how to foster peer-led conversations about mental health and how to encourage others to seek help without shame.

“This event shows how powerful youth voices are in changing the conversation around mental health,” said NAMI Ventura County Executive Director Roberta Griego. “We are inspired by their leadership and proud to support the next generation of mental health advocates.”

As youth mental health remains a growing concern nationwide, NAMI Ventura County’s commitment to empowering students as change-makers is more important than ever.

The symposium stands as a testament to what happens when we equip young people with tools, support, and the confidence to lead.

For more information on youth mental health programs, visit [www.namiventura.org](http://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*





mental illness touches every family, every workplace, and every neighborhood.

“We walk for those who are struggling in silence. We walk for recovery. We walk to end the stigma that keeps too many people from getting the help they deserve,” said a NAMI Ventura County spokesperson. “When we walk, we make mental health visible.”

Participants walk in honor of loved ones, in celebration of their own recovery, and in solidarity with anyone navigating a mental health challenge. The walk is open to individuals, families, schools, businesses, and teams ready to show their support for mental wellness.

Why We Fundraise

Every dollar raised through NAMIWalks Ventura County helps fund free support groups, education classes, outreach programs, and community presentations offered by NAMI Ventura County. These services are a lifeline for thousands of individuals and families—but they come at a cost.

“As a small nonprofit, we rely on the generosity of our community to keep our programs accessible,” the organization shared. “Free to participants doesn’t mean free to provide. Your donations make sure no one is turned away.”

The Details

Join us on Saturday, May 17 at Royal High School Stadium in Simi Valley. Check-in will begin at 9:30am with the walk starting at 10:30am on the Royal High School track. Walkers are invited to enjoy all the festivities including music, local resources, and a vibrant sense of togetherness. All are welcome—whether you walk, donate, volunteer, or cheer from the sidelines.

Take the First Step

Now more than ever, our community needs connection, compassion, and care. Join us for NAMIWalks Ventura County 2025 and help make mental health for all a reality. Register, fundraise, or donate today at [www.namiwalks.org/venturacounty](http://www.namiwalks.org/venturacounty).

Together, we walk for hope. We walk for change. We walk so no one walks alone.



LEARN MORE AT [NAMIWALKS.ORG/VENTURACOUNTY](http://NAMIWALKS.ORG/VENTURACOUNTY)

Step Into Hope & Join Us at NAMIWalks 2025!

MENTAL HEALTH for all

Join the joy!

**May 17, 2025**  
Royal High School Stadium  
1402 Royal Ave, Simi Valley  
10:00 AM - 3 PM  
Registration: 9:30 AM

HOSTED IN PARTNERSHIP WITH THE VETERAN MENTOR PROJECT

OBTENGA MÁS INFORMACIÓN EN [NAMIWALKS.ORG/VENTURACOUNTY](http://NAMIWALKS.ORG/VENTURACOUNTY)

CAMINATA POR LA SALUD MENTAL

**JUNTOS**  
SOMOS FUERTES Y PODEMOS DAR ESPERANZA

**JUNTOS**  
SOMOS NAMIWALKS

La Salud Mental Importa

**May 17, 2025**  
Royal High School Stadium  
1402 Royal Ave, Simi Valley  
10:00 AM - 3 PM  
Registration: 9:30 AM

ORGANIZADO EN COLABORACIÓN CON THE VETERAN MENTOR PROJECT

**DONATE NOW!**

**NAMIWalks.org**  
Debit/Credit Cards  
Paypal  
Venmo

**Zeffy**  
Debit/Credit Cards  
Apple Pay | Google Pay  
& More

**Venmo**  
@namiventura

**Thank You**



## NAMI VENTURA COUNTY PROGRAMS 2025

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

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](mailto:INFO@NAMIVENTURA.ORG)

TELEPHONE 805-500-NAMI FOR THE COMMUNITY RESOURCE LINE

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.

## NAMI VENTURA COUNTY PROGRAMAS DE 2025

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

¡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](mailto:INFO@NAMIVENTURA.ORG)

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

CALENDARIO Y  
REGISTRARSE EN  
[WWW.NAMIVENTURA.ORG](http://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)

**NAMIWalks Ventura County**  
Saturday, May 17  
Royal High School Stadium, Simi Valley  
Check-In: 9:30am | Walk 10am-3pm  
[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  
Trinity Lutheran Church,  
196 N. Ashwood Ave, Ventura 93003  
Email [info@namiventura.org](mailto:info@namiventura.org) for information

**Tuesday Evenings on Zoom**  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays/6:30-8pm

Próximos Eventos

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

**Grupo de Apoyo**  
1<sup>er</sup> y 3<sup>rd</sup> Martes del Mes/6:30-8pm  
Turning Point Foundation,  
Oxnard Clubhouse (426 W. 5th St., Oxnard)

**NAMIWalks Ventura County**  
Sábado 17 de mayo  
Estadio Royal High School, Simi Valley  
Registro: 9:30 am  
Caminata: 10:00 am a 3:00 pm  
[www.namiwalks.org/venturacounty](http://www.namiwalks.org/venturacounty)

**NAMI Ventura County**

In Person:  
(By Appointment Only)  
Community Concierge  
80 E. Wilkerson Dr., Ste 102  
Thousand Oaks, CA 91320

Mailing:  
NAMI Ventura County  
PO Box 903  
Camarillo, CA 93601-903

805-642-2426 • [info@namiventura.org](mailto:info@namiventura.org) • [www.namiventura.org](http://www.namiventura.org)  
Community Resource Line 805-500-NAMI

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](mailto: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](mailto: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.org](http://namiventura.org)

[@namiventura](https://twitter.com/namiventura)

Innovations

Seeking Volunteer Facilitators for Workplace Wellness Workshops

As mental health challenges continue to impact working adults at unprecedented levels, NAMI Ventura County is ready to step in with a new initiative—and looking for community members to help lead the way.

We are approaching the launch of the Workplace Wellness Workshops, a volunteer-led program designed to bring mental health education and stigma reduction directly into local workplaces. This program was designed by NAMI Ventura County with the support of a NAMI National Innovation Grant. At this step, we are currently seeking volunteer facilitators to help deliver these workshops across the region.

The goal is simple but critical: create healthier, more supportive workplaces where employees at all levels can better understand mental health, recognize burnout, and learn how to foster psychological safety on the job.

“Work is where many of us spend the majority of our time, and yet mental health is still often ignored or misunderstood in those settings,” said program creator Kimberly Quinn.

“We want to change that—by offering tools, conversations, and resources that make a real difference.”

The program was developed in response to national trends showing a sharp rise in workplace stress and burnout. According to recent studies, 76% of U.S. workers report experiencing at least one symptom of a mental health condition, yet only one in three feel their workplace is supportive of their well-being. The cost of untreated mental health issues in the workplace—through absenteeism, reduced productivity, and turnover—is estimated at over \$200 billion annually.

Each Workplace Wellness Workshop is 60–90 minutes long and covers topics such as stress, burnout, communication, stigma, and support networks. The workshops are fully scripted and designed by NAMI Ventura County, with built-in flexibility to match the audience’s needs. Facilitators will receive comprehensive training and ongoing support.

NAMI is looking for volunteers who are:

- Age 21 or older
- Have work experience in any field
- Comfortable speaking in front of groups
- Able to work within NAMI’s structure and uphold its mission

Facilitators don’t need prior experience in mental health or teaching. What matters most is a commitment to compassion, openness, and stigma-free education.

“This is a unique way for community members to give back, gain valuable public speaking experience, and truly make a

difference,” said Quinn. “Whether you’ve worked in an office, a classroom, or a restaurant—your experience is valuable, and your voice can change lives.”

Those interested in learning more or applying to become a Workplace Wellness volunteer facilitator are encouraged to contact [info@namiventura.org](mailto:info@namiventura.org).

NAMI Ventura County remains committed to ensuring free, accessible mental health programs for all. With this new workplace-focused initiative, the organization hopes to expand its impact where it’s needed most—right where people work, live, and lead.



**WORKPLACE WELLNESS  
WORKSHOPS**



**SELF-CARE FOUNDATIONS**

**Self-Care at Work:** Find realistic, sustainable self-care strategies that actually fit into busy workdays—and help you stay grounded, focused, and resilient.



**BRIDGES TO SUPPORT**

**Building Support Networks:** Discover how connection, trust, and peer support can improve mental health, reduce isolation, and strengthen your workplace community.



**BEYOND BURNOUT**

**Understanding Burnout:** Learn how to recognize burnout, understand its impact, and take steps to support well-being before stress turns into exhaustion.



**COMMUNICATION FOR CONNECTION**

**Everyday Empathy:** Using empathy in real workplace moments to builds trust, improve communication, and shape a culture of emotional intelligence.



**DECONSTRUCTING STIGMA**

**Reducing Stigma at Work:** Explore how stigma shows up at work, how it harms, and how to build a culture of empathy, openness, and acceptance.



LEARN MORE AT [NAMIWALKS.ORG/VENTURACOUNTY](https://namiwalks.org/venturacounty)



**WALK FOR  
MENTAL HEALTH**

**TOGETHER**

**WE ARE STRONG ENOUGH  
TO LIVE HOPE**

**TOGETHER**

**WE ARE NAMIWALKS**



*Join the joy!*

**May 17, 2025**

Royal High School Stadium  
1402 Royal Ave, Simi Valley

10:00 AM - 3 PM

Registration: 9:30 AM

**HOSTED IN PARTNERSHIP WITH THE VETERAN MENTOR PROJECT**