

MORE THAN *enough*

Mental Health Awareness Month 2023

IT'S MENTAL HEALTH MONTH!

Mental Health Awareness Month has been observed in the U.S. since 1949. It's an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background or ability.

We want every person out there to know that if all you did was wake up today, that's **more than enough**. No matter what, you are inherently worthy of **more than enough** life, love and healing. Showing up, *just as you are*, for yourself and the people around you is **more than enough**.



BOARD INFORMATION

Our board meeting is held on the 3rd Thursday of the month from 11:30 AM – 1 PM, at 14318 California Ave., Suite 110, Victorville, CA 92392. The meeting is open to the public from 12 – 1 PM.

We are currently recruiting for several board positions. Do you have experience in community outreach, fundraising, or leadership? We need your expertise to help us build capacity and move our affiliate to the next level! If you are interested, please email us: info@namiinlandvalley.org



Like us on Facebook!

Facilitator Training Opportunity!



Have you been attending our Family Support Group and finding it valuable? Would you like to offer that same experience to others in the High Desert? Now is your chance to get trained! We want to increase the number of groups we offer, but we can't do it without you. If you are interested, please complete this [application](#).

Attend a support group this month

Family Support Group

For family members 18+ that have a loved one living with mental illness. Family members can **talk frankly** about their challenges and help one another through their **learned wisdom**. These meetings are facilitated by trained NAMI members and they provide emotional **support and resources** that can help family members with a loved one living with mental illness.

Meetings are held on the **2nd Thursday** of the month from **6 – 7:30 PM** via Zoom. You will need to [register in advance](#).

Connections

For adults (18+) living with a mental health condition. This group promotes: social **connection** and support, **compassion**, mindfulness, self-care and communication, and is led by a facilitator who themselves live with mental illness.

Meetings are held in person and on Zoom simultaneously on the **2nd and 4th Thursday** of the month from **6 – 7:30 PM**. The in-person meetings will be held at the Ascension Lutheran Church, 22130 Ottawa Rd, Apple Valley, CA 92308. You will need to [register in advance](#) for the Zoom meeting.



ORCHESTRATING CHANGE

We are partnering with Victor Valley College to host a screening of Orchestrating Change for Mental Health Month. There will be a panel with members of the documentary and orchestra as part of the event.

May 23, 2023 12-3pm
Victor Valley College
Student Activities Center (Bldg 44)


BECOME A MEMBER TODAY

NAMI Inland Valley remains committed to serving our members. Your membership helps sustain our work and drive the change we need in our community.

What does your membership get you?
A NAMI Swag Bag (for new members)
Discounted access to NAMI IV events
Volunteer opportunities

[Join Here](#)



 760-217-4109

 Info@namiinlandvalley.org

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