

NAMI Newsletter May 2021



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Do you follow us on social media? We would love to keep in touch with you! Stay up to date on NAMI Amador's events and announcements by following us on our social media platforms.



Twitter: @NAMIAmador

Facebook: www.facebook.com/namiamador

Instagram: @namiamadorcounty

Email: namiamador@hotmail.com







Education and Advocacy Monthly Meeting

4th Tuesday of each month: General Meeting: 5:30-6:40PM Family Support & Mini Connection: 7:00-8:30PM

□ Occasional guest speakers, discussion on services, information about our education and advocacy efforts, classes and reports on local issues.

NEW LOCATION: Amador First Five **975 Broadway Avenue Jackson, CA 95642**



Come join us! Open Meetings

Beginning June 22nd.

Sponsored by NAMI Amador and Amador County Behavioral Health with Mental Health Services Act funding

PO Box 482 Jackson CA 95642

www.namiamador.org

209-256-1293





NAMI Amador Connection Recovery Support Group

FREE Group for Adults with mental illness, regardless of the diagnosis; Led by trained individuals who are also in recovery-

EVERY THURSDAY

OPEN GROUP MEETINGS - COME JOIN US STARTING JUNE 3 @ Senior Center 229 New York Ranch Road, Jackson, Ca. From 1pm to 2:30pm

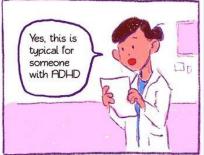


NAMI Amador: PO Box 482, Jackson CA 95642 Ph #209-256-1293.

Mental Health in the News

People whose judgement over ADHD you should trust

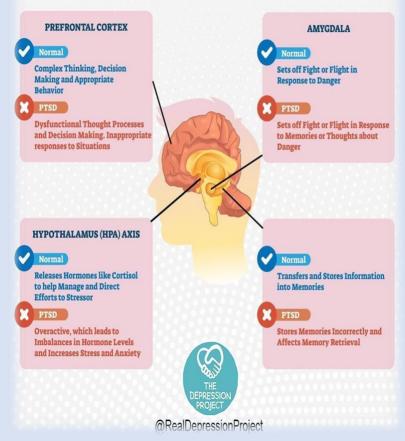




Uncle Rob at the family dinner 🗶

Doctor specialized in ADHD 🗸

PTSD And The Brain: Why People Can't Just "Snap Out Of It"



Early Childhood and Mental Health:

A recent article from Psychology Today explores the correlation between childhood trauma and adulthood. Trauma in childhood can cause PTSD, trouble having healthy relationships, etc. but it can also prevent a person from developing a healthy self. Sometimes, it can also have physical effects. One man recollected how he started losing his hair before he realized he was suffering from true childhood trauma. It is so important to pay attention to today's youth and end the stigma surrounding mental illness so people can get the help they need to heal. To read more about this developing study, <u>Click</u> Here

Living with ADHD: Developing a Routine

Developing a routine has been found to be another beneficial habit to help manage one's life living with ADHD. It can be hard, but this article offers 9 tips to help make it easier. Those tips include creating a schedule, building a routine over time, and setting aside time for self-care. Click Here to read more.

Resources for You..

Phone Numbers:

NAMI Amador: 209-256-1293
Amador County Behavioral Health: 209-223-6412
Substance Abuse and Mental Health Services
Administration's National Hotline: 1-800-662-HELP
Sierra Wind and Recovery Center: 209-223-1956
Victory Village Veteran's Center: 209-223-2286

Senior Center: 209-223-0442

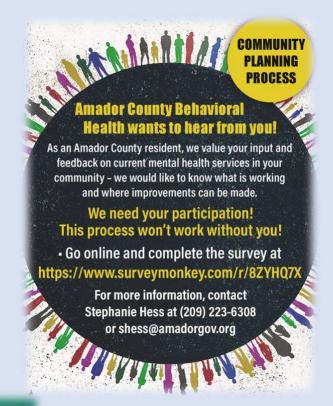
For more information on our **Family Support Group** please contact group facilitator **Terri**: (209) 418-5615, or **Stacey**: (209)304-0868

For more information on our **Weekly Connection Support Group** contact group facilitator **Joelle Miller** and **Debbi**

MENTAL HEALTH AWARENESS MONTH 2021

This year's theme for mental health awareness month was "You Are Not Alone." Throughout the month of May, people across the Country used the hashtag #YouAreNotAlone to share their stories and messages about mental health.

Visit www.nami.org to read people's stories that "aim to make people fell less alone in their mental health journeys.."



NOT ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

We want to hear from you!

Email <u>namiamador@hotmail.com</u>, or <u>enewell1204@gmail.com</u> to share your story. Help be the reason someone receives all the support they need and especially, be reminded that they are not alone.

UP COUNTRY 88 LIONS CLUB'S





TOURNAMENT

June 19, 2021

Mace Meadows Golf Course

26570 Fairway Drive, Pioneer CA 95666 (off Hwy 88)

\$75 per player ~ Includes: Golf, Cart & BBQ 8am Check-In ~ 9am Scramble/Shotgun Start 1:30pm BBQ/Raffle (BBQ \$17 for Non-Players)

CONTESTS: \$200 for 1st Place Team
Cash Prizes for 2nd. 3rd & Closest to Pins

For sponsorship opportunities,
registration information, and questions...
PHONE: 209-295-2207 EMAIL: upcountry88lions@gmail.com
WEBSITE: upcountry88lions.org FACEBOOK: upcountry88lions

Sign up early - limited to 70 players!

Proceeds benefit community services/scholarships