

NAMI Greater Houston Steps Up To Help Hurricane Harvey Victims

As Houston begins to rebuild its buildings and roadways in the wake of Hurricane Harvey, survivors of the catastrophic storm may face psychological trauma from the loss of homes, property and, especially, loved ones. The mental health effects of Harvey will be with us long after the last house is rebuilt.

Please consider making a 100% tax-deductible donation to help NAMI Greater Houston expand its no-cost mental health programs for persons and families affected by Hurricane Harvey.

We are working with area first responders to provide the following:

1. **Family and Friends Class--a condensed four-hour version of our Family-to-Family class**
2. **Family Support Groups-for families affected by Hurricane Harvey**
3. **Connections Support Groups-for individuals living with a mental illness affected by Hurricane Harvey**
4. **Referrals for Harvey-related services through our Support Education & Advocacy Center.**

In these trying times, YOUR NAMI Greater Houston shines, with our free ongoing mental health support groups and education classes all over Greater Houston. We stand ready to work with our fellow Houstonians to provide our NO-COST education classes and support group meetings in English or Spanish to anyone affected by Hurricane Harvey.

In these trying times, YOUR NAMI Greater Houston shines, with our free ongoing mental health support groups and education classes all over Greater Houston. We stand ready to work with our fellow Houstonians to provide our NO-COST education classes and support group meetings in English or Spanish to anyone affected by Hurricane Harvey.

We also busy making necessary referrals for Hurricane-related services through our Support Education and Advocacy (SEA) Center. We expect to serve an increasing number of Houstonians who need referrals to local mental health and social service providers. Call (713) 970-4419, Monday-Friday, 9 AM-4 PM, or email seacenter@namigreaterhouston.org
 Let's rebuild Houston, one body, and one mind at the same time.

[Donate Now](#)

Here is our REVISED Fall 2017 Schedule due to the effects of Hurricane HARVEY:

**2017 FALL NAMI GREATER HOUSTON
 FAMILY-TO-FAMILY COURSE & PEER-TO-PEER
 CLASS SCHEDULE**

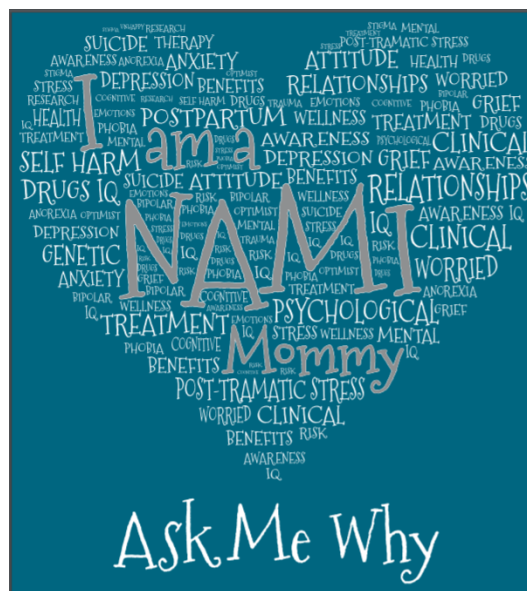
Class Name	Fall Schedule	Class Locations
Family to Family and Peer to Peer* 6:30p - 9:00p	Meeting Once Weekly beginning September 14 th Can join class thru Sept 28th	Bay Area Unitarian Universalist Church
Family to Family and Peer to Peer* 6:30p - 9:00p	Meeting Once Weekly beginning September 28th Can join class thru Oct 12th	Memorial Drive Presbyterian Church
Family to Family and Peer to Peer* 1:30p - 4:00p	Meeting Once Weekly beginning October 7th Can join class thru Oct 21st	Cypress Bible Church
Family to Family and Peer to Peer* 6:30p - 9:00p	Meeting Once Weekly beginning October 7th Can join class thru Oct 21st	Kashmere Gardens Multi Service Center

I Am A NAMI Mommy!

To all of our wonderful NAMI Mommies, NAMI Greater Houston has created a specially designed t-shirt just for YOU!

For just a \$15.00 tax-deductible donation, you can purchase your very own "I am a NAMI Mommy" t-shirt with all PROCEEDS going to support our no-cost Family-to-Family mental health and wellness class.

Tell everyone why you are a NAMI Mommy. This class saves and transforms lives



Order your NAMI Mommy t-shirt today!

[Order HERE](#)

Message from the President: Mark Your Calendar! 2017 NAMI Greater Houston Annual Membership Meeting

Come to our Annual Member Meeting on Saturday, October 14th at St. Joseph's Medical Center

Mark your calendar to come learn about the latest research on schizophrenia and mood disorders.

Dr. Joseph Masdau of the Department of Neurology at Houston Methodist will speak on his research on treatable auto-immunity in schizophrenia and bipolar disorder.

Dr. Jair Soares of UT Center of Excellence on Mood Disorders will provide an overview of advances in diagnosis and treatment of bipolar disorder.

Our new 'I am a NAMI Mommy' t-shirts will be available for purchase, and you can join or renew your membership.

Lastly, if you are a member of NAMI Greater Houston, you will have the opportunity to vote on our on our 2018 slate of board of director candidates. They are as follows:

Dr. Brenda Lavar-Vice President
Catherine Garner-Blackwell-Director-2nd Term
Leslie Buck-Director-1st Term
Shelia Muldrow-Director-1st Term
Billy Dorsey-Director-1st Term
Wanda Hillard-Director-1st Term
Lt. Scott Soland-Director-1st Term

If you plan to attend, please send your intent [HERE](#)
or call 713-970-4482 by
Wednesday, October 11th

What: 2017 Annual Membership Meeting

When: Saturday, October 14, 2017; 10 am-11:30 am (refreshments served)

Where: St. Joseph Medical Center; 1919 LaBranch; Downtown Houston/77002

George Strake Building; 9th Floor Auditorium
Free Parking for the 1st 100 cars; 1310 St. Joseph Parkway/West Garage

There is NO cost to attend, but donations are always accepted in person or online [HERE](#)

Dr. Jane Malin
Board President
NAMI Greater Houston



Dear NAMI Greater Houston Supporter,

Are you a baker of cakes, cookies, and macaroons? Want to bake a cake and help those affected by mental illness? Want to support your NAMI Greater Houston and its mental health programs?

If you said yes to any of these questions, do we have the event for you! Please join your NAMI Greater Houston at the **second annual Depressed Cake Shop Pop-Up and Chef Cake Raffle** on:

**Sunday, October 29, 2017, @ Underbelly;
1100 Westheimer; Houston 77006
Time: 2:00-5:00 p.m.**

Those who are interested in volunteering, we need YOU, so please CONTACT our office at 713.970.4419 or volunteer@namigreaterhouston.org
All proceeds will be going to mental health charities: NAMI Greater Houston and The Montrose Center with the proceeds to be split evenly.

WHAT WE NEED AND WHAT YOU CAN DO:

We need home bakers (about 15-20) who can make two-three dozen "depressed" gray cookies, cupcakes, macaroons, cake pops, small cakes etc. Home baked goods should be packaged e.g. two or three cookies per bag and delivered to Underbelly by 12:30 p.m. on October 29, 2017. Cupcakes, cake pops, small cakes can be delivered in disposable trays.

We need a crew to set up, staff, and tear down the event. Set up crews (8-10 people); Event staff (10-12); Tear down/Clean crew (10-12). Set up crew please arrive by 12:00 pm.

SELF-CARE FOR THE CAREGIVER

Our regular series on "caring for yourself too."

Around Halloween 2016, protests over "asylum" haunted-house themes and "crazies" costumes drew considerable media attention. Mental-health stigma and stereotypes are especially hard to take when presented in "just joking" fashion. Yet ... have you developed a distorted view yourself, the idea that the mental illness in your family is

the definitive form of mental illness? Even if you attend a family support group, you don't get a really clear picture of other people with mental illness unless the actual patients are present.

Spend some time with patients from other families, *outside* support-group and caregiving settings. See these people at their most relaxed and get to know them as individuals. Introduce your family member to them; arrange joint outings. Let yourself remember that mental illness isn't exclusively a matter of care-and-be-cared-for: everyone has a right to enjoy others' company outside of focus on personal needs. And it's good for their-and your mental health.

When You're Your Own Caregiver

Having a mental illness/disability doesn't always mean living under another's care. If you're "flying solo" and managing an unreasonable brain, this section is for you.

If you've been avoiding support groups because you hate hearing about everyone's problems, consider attending a social event sponsored by the group (or looking for a group with regular social breaks in its meetings) and getting to know other members as potential friends. They, like you, have interests and passions beyond coping with mental illness.

Katherine Swarts
Houston Freelance Healthcare Writer
ks@houstonfreelancewriter.com



October 3, 2017: Clear Lake Family Support Group

Bay Area Unitarian Universalist Church
17503 El Camino Real; 77058
Cockrell Hall; 7:00 pm

NEW NAMI GREATER HOUSTON SUPPORT GROUP!

October 3, 2017: Clear Lake CONNECTIONS Support Group (for those living with a mental illness)

Bay Area Unitarian Universalist Church
17503 El Camino Real; 77058
Library; 7:00 pm

October 17, 2017: Clear Lake Program & Support Groups

Bay Area Unitarian Universalist Church
17503 El Camino Real; 77058
Cockrell Hall; 7:00 pm

Topic: Tapping into your Sacred Energy-tools to help you when you or a loved one is in despair. Susan Wilden, presenter.

FAMILY SUPPORT GROUP & CONNECTIONS SUPPORT GROUP TO FOLLOW PRESENTATION

November 7, 2017: Clear Lake Family Support Group

Bay Area Unitarian Universalist Church
17503 El Camino Real; 77058
Cockrell Hall; 7:00 pm

NEW NAMI GREATER HOUSTON SUPPORT GROUP!

November 7, 2017: Clear Lake CONNECTIONS Support Group (for those living with a mental illness)

Bay Area Unitarian Universalist Church
17503 El Camino Real; 77058
Library; 7:00 pm

November 21, 2017: Clear Lake Family Support Group

Bay Area Unitarian Universalist Church
17503 El Camino Real; 77058
Cockrell Hall; 7:00 pm

NEW NAMI GREATER HOUSTON SUPPORT GROUP!

November 21, 2017: Clear Lake CONNECTIONS Support Group (for those living with a mental illness)

Bay Area Unitarian Universalist Church
17503 El Camino Real; 77058
Library; 7:00 pm

All monthly meetings and support groups are free and open to the public.

See what's happening on our social sites:



NAMI Greater Houston, 3630 West Dallas, Suite 140, Houston, TX 77019

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