



West Valley NAMI – We Need YOU !

An organization is only as effective as the dedication of its workers. And in a volunteer organization such as NAMI West Valley – that means EVERYONE!

We realize that many of you are caring for young children or are employed and therefore can't attend daytime meetings or help us during working hours. Others are retired or have health issues that curtail their energy and availability.

But I think we all agree that NAMI is a very important, very helpful, very NECESSARY organization if we ever want *everyone* to understand the true nature of mental illnesses and to change the conditions and services that currently are so inadequate. We CAN do this. But we need your help! Working together for such a good cause is rewarding for all concerned!

How can you help? Come to one of our Board Meetings. (This is not a requirement, but would certainly be beneficial in learning about all the projects that NAMI is involved in.) Our next meeting is Friday, Sept. 14, 9:30 till noon at the Shepherd of the Hills United Methodist Church, 13658 W. Meeker Blvd. Sun City West. In the following months we meet on the first Fridays.

If you can't come to Board meetings, there are still plenty of opportunities, large and small.

- Make phone calls to welcome new members.
- Make phone calls to those without email to remind them of meetings & special events.
- Receive inquiries, give information and referrals using our dedicated WV cell phone.
- Assist with mailing: information and newsletters.
- Become a member of our Speakers Bureau to tell NAMI's story (and yours if you wish) to church groups, civic organizations, etc.
- Volunteer to man a table at Health Fairs like the Civic Plaza, or Sun Health presentations.
- Become a Family to Family teacher, or Support Group or Connections facilitator
- Volunteer to bring refreshments to our meetings. You will be reimbursed.
- Adopt a site, like your doctor's office or health club, where, after asking permission, you can permanently place some of our West Valley brochures, and keep it filled.
- Participate in fundraisers and special events. (See separate article about upcoming Mystery Authors' Luncheon.) We need to make the name of NAMI as recognizable as the American Heart Association and all the other "big guys."

To volunteer, call 623-546-8000 or bbknuppel@cox.net and express your area of interest.

Family to Family Education Classes & Other Support Groups

Sept. 10 thru Nov. 26 The free, nationally acclaimed **Family to Family Education** series, which provides information and coping skills for family members of those affected by mental illness, will meet on Monday evenings from 6:30 to 9pm at the NAMI state office, 2210 N. 7th St. Phoenix. Call 480-585-9794 or 520-560-2545 to register.

West Valley hopes to provide a Family to Family class this fall, so call 623-546-4011 for information and to be put on the waiting list.

Call the NAMI state office to learn the dates and locations of other helpful NAMI programs such as In Our Own Voice, NAMI Connections, and Peer to Peer Education classes. 602-244-8166