

MEMBERSHIP APPLICATION

Join NAMI San Gabriel Valley!

When you join, you become a member of NAMI SGV, NAMI California and NAMI National.

Yes, I want to: (please check one)

_____ join NAMI

_____ renew my membership for one year

Dues:

_____ \$35 individual Regular Membership

_____ \$3 individual Open Door (for low income)

Title: ☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr.

Last Name: _____

First Name: _____ Middle: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

*We depend on your support for all of our programs.
Please consider including an additional contribution
with your membership.*

_____ \$ Additional donation amount

Would you be interested in volunteer work with
NAMI SGV? ☐ Yes ☐ Not at this time

Please send check or cash with this application to:

NAMI SGV

2550 E. Foothill Blvd., Suite 135

Pasadena, CA 91107

626.577.6697

or join or renew your membership online at:

www.nami.org

NAMI SGV is a nonprofit 501(c)(3) California
Charitable Corporation. Dues are tax deductible.

Facts You Should Know

- One in four adults—approximately 57.7 million Americans experience a mental health disorder in a given year!
- 10% of children and adolescents in the US suffer from serious emotional and mental disorders that cause significant functional impairment!
- Four of the 10 leading causes of disability are mental disorders!
- One in five families have a loved one who suffers from mental illness!



**National Alliance on
Mental Illness**

San Gabriel Valley

*Join Our
Family!*

*Dedicated to helping
your family cope with
mental illness*



626.577.6697
2550 E. Foothill Blvd. Suite 135
Pasadena, CA 91107
Email: sgvnami@pacificclinics.org

NAMI SGV website
namisangabrielvalley.org

NAMI national website www.nami.org

*One of California's premier NAMI
affiliates*

*We serve western San Gabriel Valley –
Pasadena, La Canada/Flintridge, South
Pasadena, San Marino, Alhambra, Sierra
Madre, Arcadia, San Gabriel,
Rosemead....and more. A dedicated
family of volunteers*

Telephone Help Line:

Trained volunteers can answer your questions about our programs and offer information and referrals for medical, financial, and housing resources. Call 626-577-6697 to speak with a volunteer or to leave a message.

Monthly Membership and Speaker Meetings:

NAMI SGV's general membership meeting followed by a 1-hour Distinguished Speaker program on mental health topics, is held on second Wednesdays monthly (except August and December). Check our website for monthly speaker information. 7:00 -7:30 PM general meeting, in Wilson Auditorium, 2471 East Walnut Street, Pasadena, CA 91107.

Family Support Group:

Private, anonymous support group for family and friends who have loved ones with mental illness, facilitated by trained volunteers who have a loved one with mental illness. No reservation necessary. Thursdays, 5:30 to 7:30 PM (except holidays). Wilson Auditorium, 2471 E. Walnut Street, Pasadena CA 91107.

Communication Skills Workshop:

This workshop is part of the Family Support Group, and breaks off as a small group after introductions in the Family Support Group. Open to any interested Family Support Group participants. Emphasis is on listening, empathizing, and partnering. 1st and 3rd Thursdays (except holidays), 5:30 to 7:30 PM. Wilson Auditorium, 2471 E. Walnut Street, Pasadena, CA 91107.

NAMI Basics:

This 6-week course for parents of children under 16 with signs of mental illness meets once a week, and is free of charge. Covers unique concerns about mental illness in children, and includes information on working with schools for special support. Call our office at 626-577-6697 for upcoming classes or to arrange a class at a community school or agency.

Family to Family:

A 12-week course for family and friends who have loved ones with mental illness. Families gain an understanding of the nature and experience of mental illness and medication, and learn problem-solving, coping, and communication skills. Classes meet once a week and are free of charge. Offered periodically throughout the year, in English and Spanish. Call NAMI SGV Office at 626-577-6697 or check website, www.namisangabrielvalley.org for class dates and to apply.

Peer to Peer:

This free 10-week recovery education course is for adults with mental illness, and is taught by trained NAMI peer mentors in a confidential setting. Class emphasizes self-insight, noticing and addressing symptoms, recovery plans, and strengthening interpersonal relationships. Offered periodically. Call SGV office at 626-577-6697 or check website, www.namisangabrielvalley.com for class dates and to apply.

Education Series:

The annual Georgia Shatford Memorial Lecture Series is a 7-week program meeting one evening a week, and gives up-to-date information on major mental illnesses in a way that is helpful for families who want to survive and thrive. All community members are welcome to attend any or all lectures in the series. Lectures are given by Michael Di Paolo, Ph.D.

In Our Own Voice:

This approximately 1-hour program presents real stories of the lived experience of mental illness from dark days through recovery in a combined format including a DVD presentation and live speakers. To inquire about having an In Our Own Voice presentation for your organization, call our office.

Ending the Silence:

This outreach program is available to schools, and provides speakers who share their lived experiences with mental illness. Helps students understand each other, and learn that they are not alone, and helps teachers understand more about mental illnesses. To inquire about hosting an Ending the Silence presentation at your school, call our office.

Speakers:

To inquire about having our volunteers speak about NAMI, and about their lived experience of being in a family challenged with mental illness, call our office.

Front Line:

This outreach for veterans, first responders, and their families offers community forum programs as well as other events and discussion groups on PTSD, and service related challenges. All are welcome at the community forum events. Programs held at the American Legion Pasadena, Post 13 at 131. N. Marengo Ave. in Pasadena. For more information go to www.sgvfrontline.com, email sgvfrontline@gmail.com, or call 818-478-5740.

Advocacy:

We work to get laws passed that will help those with mental illness, and to educate the community about the nature of mental illness and how to respond to the needs of the mentally ill.

NAMI Walks:

An annual 5K walk held in October, NAMI Walks is a major public awareness and fundraising event. It's fun and provides much-needed funds to help us offer our programs for free to the community. You can join a team, be a team captain, or help us secure a corporate sponsorship.

The Journal:

Our newsletter is published 10 times a year for members or by subscription. It contains helpful information on our programs and mental health topics.

LA County Department of Mental Health

24/7 ACCESS line for help and referrals:

1-800-854-7771

Community Resource Guide on line:

www.crg.lacounty.gov/dmh.