As for me, you must know I shouldn’t precisely have chosen madness if there had been any choice. What consoles me is that I am beginning to consider madness as an illness like any other, and that I accept it as such.”

– Vincent Van Gogh, 1889
In a letter to his brother Theo

NAMI SW WA is an independently operated and funded affiliate of NAMI and is the direct provider of NAMI services for Clark, Cowlitz, Skamania, and Wahkiakum counties.

Mailing Address: 5411 E. Mill Plain Blvd, Suite 4 Vancouver, WA 98661 namiswwa.org info@namiswwa.org

“Celebrating Resilience in Our Community

NAMI SW WA
ANNUAL BENEFIT LUNCHEON & SILENT AUCTION

February 16th, 2018, 11:00 am
Warehouse 23 in Vancouver, WA

Celebrate our community’s resiliency with us on Friday, February 16 by honoring our community members who demonstrate resiliency with mental health issues either as an individual or family member of someone living with a mental health challenge. We honor the following people for their dedication to the mental wellness of our community. They graciously volunteer hours to ensure the mental health community is well served. These honorees are:

- Becky Anderson
- Jan and Jack Bothwell
- Jerri and Matt Clark
- Manu Engelbrecht
- Claudia Englesmen
- Cindy Falter
- Cindi Fisher
- Jan Kell
- Annette Klinefelter
- Melanie Maiorino
- Kay Roberson

Join us for our fun-filled and inspirational lunch as we auction off many great items donated from area businesses and agencies providing enjoyment for bidding winners and their loved ones. Some of the great silent auction items are on page 7 of this issue.
Dear Members and Friends,

We are barreling in to 2018 with a heavy schedule of educational classes and support groups. Heidi prepared and conducted a great training program for leaders of the STRivE program that all groups will be using by next week. We are looking forward to significant numbers of participants so we can begin analyzing how well this psychoeducational class helps people learn important resiliency skills and acquire tools to help them stay in recovery. Please check our class schedules at both office sites. You are welcome to drop in although our hope is that you will complete the ten-week program and that by the end of those ten weeks we will have the STRivE Second Steps ready for you.

February 16th and our Annual Benefit Luncheon is also just around the corner. If you haven’t made your reservation yet, please go to our website and do it!! Or you can come by our office to sign up. We have some great plans for the lunch including honoring a number of people in our communities who have shown significant resiliency in dealing with their mental health diagnoses, including individuals and family members who support their loved ones. We also have some terrific items available for our Silent Auction including travel opportunities, meals, hotel stays, art works, and other items. Please help us have a successful fundraising at our biggest event of the year!

February is also the month when we go to Olympia to lobby for legislation that will help all the people we serve. Training will be held on Thursday, February 8th from 9:00 am to 10 am, Lobbying is a very strenuous activity...we move at a rapid pace from one office to the next because we have so many legislators to meet with. We carefully plan what we are presenting including the very short stories that we ask those who live with mental health challenges tell. Each year we have issues pertinent only to SW WA as well as new legislation that we advocate for throughout Washington State. Please call 360-695-2823 to register for this training class.

Please mark your calendar for Truth and Transformation for the evening of Monday, March 5th at the Clark County YWCA. We are asking family members to participate in this event by helping us identify the challenges and opportunities that they face as they deal with their loved ones with a mental health diagnosis.

I hope to see all of you at our Luncheon!!!

Thanks for your support,

Peggy
Hello, my name is Victor and I have been struggling with bi-polar disorder for over ten years. I have had a series of serious breakdowns and hospitalizations over the years. For the last five years everything has been solid and it feels like I am ready to work full-time and move to the next stage in my life. I receive social security disability, but this does not pay enough to live independently and to raise a family, which I would like to do. I have a criminal record due to my illness which makes it difficult to utilize my Bachelor’s degree in business administration and finance, with an accounting minor. I had been bookkeeping for an appraisal firm and waiting to get approved to appraise. After a year of waiting I was approved and for the last two or three months, I have been appraising houses. However, now I am struggling to keep up with the fast pace of real estate appraisal. I think the medication that I am on slows me down. It is an anti-psychotic medication. I had an idea of becoming a teacher, something slower paced, so a former administrator I knew had me go down to the school district HR office and talk with them. I explained my situation and that I had battled with an illness which gave me a record. After discussing with an individual what my record consists of, she did not think any of my convictions would impact me working at the school district. However, after getting fingerprinted the results came in, and the HR Director did not okay me working for the school district. These are setbacks caused by my illness, and I am used to it, although sometimes, it is difficult to keep the faith.

“We must accept finite disappointment, but never lose infinite hope.”

–Martin Luther King, Jr.
Any lasting intimate relationship requires a considerable level of commitment, honesty, and understanding from both people. I know, I know...it’s not breaking news. We all know relationships aren’t always hearts and rainbows. We also see relationships are worth having. While infinitely rewarding, they take some serious, roll up your sleeves, get down and dirty hard work. My own partner certainly deserves a medal for dealing with some of my struggles.

So how can a relationship function if one has challenges with their mental health? How can you both relate to each other when one of you is depressed, anxious, manic, or irritated? How do you even let your partner know you are having a hard time coping? Indeed, there should be a significant level of trust before we start disclosing things about ourselves we wouldn’t broadcast to casual acquaintances. And once we allow someone into our lives on an intimate level, the risk of us getting hurt increases all the more if we are rejected for our challenges, right? There are a few things we can do to make the conversation easier:

⇒ Select a time to let your partner know what you’re dealing with when you are not experiencing mania, a depressive episode, anxiety, delusions, hallucinations, psychosis, or depression.

⇒ Start and end the conversation on a positive note. If you begin by recognizing how supporting and loving your partner is, and finish describing how your current treatment plans have helped you, your partner may respond with less fear and more resolve to help you on your journey of recovery.

⇒ Keep in mind that our partners already appreciate us; quirks, struggles, and all. Otherwise they wouldn’t be with us in the first place. Understanding your path to maintaining your recovery may intrigue them, leading them to a newfound understanding of who you are, and desire to support you on your journey.

Another problem that couples may encounter is a lack of communication, especially when one partner is experiencing depression, hallucinations, delusions, mania, psychosis, anxiety, or is having a hard time articulating his or her needs. The person experiencing mental health issues can harbor immense guilt in what he or she is “putting the partner through.” As a relationship undergoes stress, the couples begin to physically and emotionally distance themselves from one another. A few ways to avoid this can include:

Continued on page 5
Quiet Learning by Steve Lavoie

I feel so insignificant to be standing next to you, and I am awestruck by your wisdom, as I stumble through my life too. My faults are all before me and there is no where to hide my shame. I’m left bare by my awkwardness and I hold fear as my name. I find no strength in quietness and darkness scares me so. But your light is so so bright this is what I need to know, and so I feel so insignificant and I’m amazed by you.

I want to know more and more but truthfully I’m scared too. And I speak as a mad man babbling on like I do so. My fears are in the many many words I say whilst silence is what I need to know. Please allow me to stand beside you, for it is wisdom that I need my heart is beginning to open and I am like a broken reed.

Continued from page 4

⇒ Having a plan in advance in what you will do as a couple when you notice communication becoming more difficult.

⇒ Recognizing these issues early on and attending couples’ therapy can alleviate or lessen problems before they spin out of control, and teach the couple how to communicate better and problem-solve together.

⇒ Having healthy, realistic expectations of what your relationship requires to work.

So, what if we are on the other side of the relational coin? One thing to keep in mind, when in a committed relationship with someone dealing with mental wellness issues, it is imperative to make sure we are practicing self-care for ourselves. If we are continually putting our partner’s needs before our own, we can’t be our best self, which can result in burnout or resentment. We can’t neglect our boundaries, passions, and overall health. By taking the time to center yourself and rejuvenate, you’ll be better able to give your partner the support he or she needs.

Having mental health issues does not mean we have to be alone. The stronger the communication and trust between partners, the greater the chance the relationship will grow into something loving, supportive, and beautiful.
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Behavioral Health

Our packaging options and dependable delivery are an added benefit for your clients, and our Refill Maintenance program coordinates clients, providers and insurance to offer patients streamlined prescription refills.

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genevawoods.com

There’s no place like Healthy®

Free Adherence Packaging
• Client’s name
• Date and day of week medication should be taken
• List of medications in each bubble
• Color coordination for time of day to be taken
• Easier to open peel back instead of push through
• A larger blister, perforated and portable

Additional Services
• Clozapine monitoring program
• Prior Authorizations
• Pharmacist collaboration
• Health Minder Refill Maintenance
• Web Connect
• Telephone support for client questions

Free Delivery
The following are some of the exciting items we will have for bid at the Annual Benefit Luncheon Silent Auction on February 16th at Warehouse 23. Reserve your seat and become a bidder!

- Full Sail Brewing Company: $25 Gift Certificate
- Family Fun Center & Bullwinkle’s Restaurant: 1 Large 1 Topping Pizza and 2 $20 Arcade Cards
- Evergreen Aviation & Space Museum: 2 Admission Tickets
- Portland Center Stage the Armory: 2 Admission Tickets
- Hollywood Theatre: 2 Admission tickets and 2 Popcorn Passes
- Lan Su Chinese Garden: 2 Complimentary Passes
- Enchanted Forest: 2 Complimentary Passes
- Vancouver Symphony Orchestra: 2 Season Tickets
- Northwest Children’s Theater: 2 Theatre Tickets
- Wyndham Worldwide: Two Nights at a Wyndham Rewards Hotel
- Sisters Rodeo: 4 Admission Tickets
- Disneyland Resort: 4 One-Day Park Hopper Tickets
- Sky High Sports Trampoline Park: 4 Complimentary Passes
- Portland Rose Festival: 4 Tickets to events/Wristbands for Rides
- Journey Theatre Group: 4 Tickets to Little Women, 4 Tickets to Pirates of Penzance Jr.
- Oaks Amusement Park: 5 Admission Tickets to a Skate Session
- G-6 Air Park: 5 Complimentary 60-minute Jumps
- Elite Island Resorts Caribbean: 2 Gift Certificates Caribbean Resorts
- Club Green Meadows: Athletic Initiation Fee
- Portland Spirit: Boarding Pass for 2 Adults
- Pittock Mansion: Complimentary Admission
- Clark County Fair: 2 Adult Passes and 2 Children’s Passes
- World Forestry Center Discovery Museum: 5 Complimentary Family Passes
- McMenamins Pubs and Breweries: $50 Gift Certificate
- Still Point Massage and Wellness: Gift Certificate for 60-minute massage
- Seaglass Fine Art Photography: Gift Certificate for a fine photography session
- Wildhorse Resort & Casino: 1 Night’s Stay and Restaurant Certificate
- Heathman Lodge: Two One Night Stays
- The Source Climbing Center: 1 Climb Class
- Oregon Symphony: 2 Ticket Vouchers
- A variety of fine art: Local Artists
- Jack & Jan Bothwell: 4 Flats of Seasonal Fruit
- Hopworks Brewery: 2 Cases of Beer
- Utopia Salon & Spa: Facial and Massage
- New Seasons Market: Basket of Products
- Chucks Produce: Basket of Goodies
- Vancouver Police Department: Police Ride-Along
NAMIWalks Northwest

is scheduled on Sunday, May 20, 2018, and we are starting the planning process now. NAMIWalks is a 5K event held in cities across the country. We look forward to this event each year as it raises awareness and is one of our larger fundraisers. We need a few motivated individuals to join our planning committee and help spread the word. If interested in participating, call Angela Swanson at 360-695-2823.

Tom by Teryl Gallagher

There are a lot of people in my life that matter to me, Shana, Tim and Michael, my children, and my ten grandchildren and the rest of my extended family. But the person who matters the most is my partner Tom. He took me to himself knowing that I had a mental illness. He has stood by me and at my side through very difficult times in 2017. I was very sick and not a very nice person to be around. I was reacting to a medication that caused a horrible rash, and he applied cream all over my body to combat the itching that was driving me crazy. I was so sick and suicidal that he feared leaving me alone so he took me with him so he could keep watch over me. He always came to visit me while I was in the hospitals no matter how far away they were. He kept track of all my meds and kept them away from me because he was afraid for me. When we were dating, he told a friend of mine that I would marry him if he could provide me with suitable housing and so he did. He had a beautiful house built for us to love and share together. Unfortunately, we can’t marry because I would lose my social security. Tom has no license to bind him to me. He has stayed because he loves me. My husband of 25 years did not. Tom has financially provided for me if he should die before me. He is an amazing man. To all those “Toms” out there who love freely, unconditionally, and deeply, I say thanks. If you don’t have a Tom, I pray that you find one.
Unforeseen circumstances may cause a group or class to be cancelled. Please call ahead to confirm.
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<td>Monday</td>
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<td>STRive First Steps</td>
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Support for friends and family of people who have a mental health diagnosis.

Psychoeducation and tools for a successful and sustained mental wellness.

Drop-in support group for those affected by mental health challenges.

Issues. Call to sign in.

Support for friends and family of people who are struggling with mental health.

Peer support group for those affected by mental health challenges. Drop-in.

Support for friends and family of people who have a mental health diagnosis.

Psychoeducation and tools for a successful and sustained mental wellness.

Drop-in support group for those affected by mental health challenges.
Staff Spotlight
Heidi Bjurstrom

Before becoming the Manager of Program Development at NAMI SW WA, Heidi Bjurstrom earned her Bachelor’s degrees in both Psychology and Human Development. It was while she was working on her Master’s in Educational Leadership that she found an opportunity to get involved in working with families of individuals experiencing mental illness. She began volunteering as a Family-to-Family teacher. Seeing the growth family members experience through the course has been the most rewarding part of her time as a teacher. “I believe every person has a right to be treated with dignity and kindness,” she says. “I am pleased and proud to be part of an organization that creates the opportunity for people’s voices to be heard.”

Heidi’s role now consists of managing all of the education and support programs including training, mentoring and supporting group leaders at NAMI SW WA. She helps develop new programs at NAMI SW WA and in partnership with other organizations in the community. As volunteer manager, she is developing systems to improve the volunteer program and to create opportunities for the volunteers. When she isn’t volunteering, she enjoys spending time with her husband and 10-year-old daughter. She recognizes the importance of surrounding herself with people she loves and finding the positive (and sometimes even humorous) side of life.

Behavioral Health Services at NAMI SW WA!

NAMI SW WA Behavioral Health Services (BHS) is an adult counseling clinic located at our offices at 5411 E. Mill Plain Blvd., Suite 4, Vancouver, WA. We offer individual and group therapy to Washington Apple Health (Medicaid) insured individuals. Our clinic’s atmosphere is warm and inviting. You will always be treated like a person, not a number or a diagnosis. We are dedicated to providing quality, confidential, and personalized care. Some of the issues we help individuals with on a regular basis are depression, anxiety, bipolar disorder, coping skills, grief and loss, LGBTQ issues, loss of direction, low self-esteem, obsessive-compulsive disorder, post-traumatic stress disorder (PTSD), schizophrenia, and stress.

Currently, we are accepting new clients for immediate intake. To schedule an intake call Janet at (360) 695-2823.

Steps to Mental Wellness

10-WEEK CLASS

STRive
First Steps to Recovery
Building living skills for mental wellness

- Improve Self Esteem
- Manage Impulsive Behavior
- Learn Effective Communication
- Manage Stress
- Create Healthy Boundaries
- Control Anger
- Develop Problem Solving Skills
- Create Social Support
- Improve Sleep Hygiene

Vancouver:
Tuesday, 3:30-5:00 pm
5411 E. Mill Plain Blvd., Suite 4 Vancouver, WA
(360) 695-2823

Longview:
Monday & Thursday, 10:00 - 2:30 pm
1128 Broadway, Longview, WA
(360) 703-6722

NO-COST • CONFIDENTIAL • DROP-INS WELCOME
In the book “Robinson Crusoe,” Crusoe writes September 30, 1659. “I, poor miserable Robinson Crusoe, being shipwrecked during a dreadful storm, came on shore on this dismal unfortunate island, which I called the Island of Despair, all the rest of the ship’s company being drowned, and myself almost dead.”

Much of Robinson’s despair during his time on the island was the result of his sense of total isolation from the outside world and other human beings. Until he found Friday, isolation was the most consistent source of his distress. He wrote: And now I began to enter into a melancholy silent life, such perhaps was never heard of in the world before. Then came Friday, and Robinson’s mental and physical life changed and improved.

Recent Harvard research suggests meaningful relationships are a prescription for better emotional, mental, and physical health. People heal more quickly, their blood pressure is lower, and anxiety and depression relapse is less frequent. People who are more socially connected to family, friends, and community are happier, physically healthier, live longer, and have fewer mental health problems than people who are less well connected. Research also confirms that loneliness and isolation remain the key predictors for poor psychological and physical health, higher rates of mortality, and lower life satisfaction.

The challenge is that symptoms of a mental health disorder often make relationships difficult to establish and maintain. Anxiety often promotes feelings of insecurity and depression promotes the desire to isolate. However, part of the recovery journey is to develop and to build healthy relationships. Where to start? The first step is recognizing the challenges your mental health problems can encounter in navigating relationships. The second step is doing something about it. It is predictably difficult, so you might consider connecting with a counselor or life coach to assist you. Some of the steps others have taken are:

- Improving social and communication skills
- Reaching out to old friends
- Joining a support or hobby group
- Getting a dog and walking it
- Joining a gym
- Accepting invitations
- Unplugging from technology to get out and about
- Volunteering for a non-profit organization.

(NAMI SW WA has many opportunities for volunteers, just contact us.)

Even Hollywood realized the importance of relationship to maintaining mental health when they cast a soccer ball as a character in the movie “Cast Away.” Tom Hanks is Chuck, a FedEx employee who is stranded on an uninhabited island after FedEx’s plane crashes on a flight over the South Pacific. The film shows his attempts to survive on the island. As his mental health begins to deteriorate, he opens one of the boxes from the plane and finds a Wilson volleyball. The ball became “Wilson,” it “listened” and provided company and relationship to Chuck. Wilson became his unlikely friend. Wilson probably saved Chuck’s his sanity.

You don’t have to settle for an inanimate object; you have opportunity for real-life relationships. You don’t have to stay on the Cast Away island or Crusoe’s the Island of Despair. Take the challenge and those first steps on your recovery journey.

“Courage is a birthright. It is in each and every one of us. You were born to it and can tap into it at any time.”

–Mel Robbins
Board Member Spotlight

Mariam Saner

After working for the IRS for 30 years, Mariam Saner seized the opportunity to use her accounting degree and skills in a different way. What began as a volunteer role to help sort out financial reports has turned into an appointment as the NAMI SW WA board treasurer at NAMI SW WA, where she is providing financial guidance that keeps the organization positioned as a pillar of the community they serve.

Mariam attributes her family and friends to helping her maintain mental wellness and keeping perspective. She also makes time for hobbies like needlepoint, gardening, and playing bridge. And she recognizes that everyone’s journey is different, stating, “We are all challenged at different levels and different times and reasons. I think it is basic human empathy that we kindly interact with others because we don’t always see what challenges they may have in their lives.”

“With the new day comes new strength and new thoughts.”
-Anonymous

Celebrating 75 years of serving Clark County

Columbia River Mental Health Services

Providing mental health & chemical dependency treatment for adults & children in Clark County.

Lives change here!

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(360) 993-3000, info@crmhs.org

NORTHSTAR
6926 NE Fourth Plain Blvd., Vancouver
(360) 993-3000

HAZEL DELL
9105 Hwy 99 Ste. 201A, Vancouver
(360) 597-9721

BATTLE GROUND
18 NW 20th Ave. Ste. B, Battle Ground
(360) 597-9731

We accept most insurance including Apple Health.

CRMHS.ORG

Recovery  Family  Therapy  Community
Hello Friends! Welcome to the “Cowlitz Corner”! We embrace all those living with mental health challenges and those that love them. Our staff and volunteers are all peers with lived experience. Our office is a safe, inviting, confidential space for all and services are offered at no charge.

February is going to be a busy month and we are excited! We have our annual “NAMI SW WA Luncheon Fundraiser” on February 16th beginning at 11 am. It will be held at Warehouse 23, 100 Columbia St in Vancouver. The following week, on Monday, February 19th, is “NAMI Day” at the state capitol in Olympia. NAMI members and supporters are the most effective people to educate legislators about mental illness and the need to change our current “mental illness” system to a “mental wellness” system. Please come support us.

On Saturday, February 24th from 10 to 2 pm, will be our next “Family and Friends” Seminar. It provides a starting point for family members, loved ones, and friends of those living with mental health challenges to obtain resources and much-needed information at no charge to the participant.

If you are looking for a friendly place with no pressure, come on in. Any questions, feel free to give us a call or stop by.

Until next month ~
Jan

Support NAMI SW WA through AMAZON Smile when you shop!

Go to: https://smile.amazon.com

Log-in with the same username and password you use for your Amazon account.

- Type in NAMI Southwest Washington as the charity you want to support and select!
- Shop and save the link for the next time you shop your Amazon account.
- .05% of all of your purchases will be credited as a donation.
- Please sign-up today

What does resilience mean to you?

We have been at the studio recently with more than a dozen people who either have a mental health diagnosis or a family member of someone who has a diagnosis have come forward to share how they cope with challenges in life and keep on a journey of mental wellness. We asked what does resilience mean to you? How has NAMI SW WA helped increase their resiliency and recovery? This taping will be played at our upcoming Annual Benefit Luncheon and on social media. A special thanks to Cole McLester for the video production and MetroEast Community Media for the use of the studio.
Events

NAMI SW WA Annual Benefit Luncheon and Silent Auction: Join us to celebrate the resilience of our community members on Friday, February 16th at 11:00 am for our Annual Benefit Luncheon at Warehouse 23. This is our biggest fundraiser of the year. Reserve your seat online at namiswwa.org/annual-benefit-auction soon as seats are filling up quickly. Check this newsletter and our website to see some of the many wonderful items you can bid on!

Lobby Day! Make Your Voice Heard: Join us Monday, February 19th, as we travel to Olympia to sit down with our state representatives. Lobby Training Class for those who are interested in attending will be held Thursday, February 8th, 2018 at 9:00 am, 5411 E. Mill Plain Blvd., Suite 4, Vancouver, WA. Questions? Call Heidi at 695-2823 or heidi.b@namiswwa.org.

Community Conversations

Truth and Transformation for Family Members: We are holding another community conversation! Take this opportunity to listen and share about the challenges and opportunities you have experienced navigating the mental health system for your loved one with a mental health diagnosis. This is the first step toward workshops for change. Join us Monday, March 5th, 5:30 pm – 8:30 pm at the YWCA of Clark County, 3609 Main St, Vancouver, WA.

Ongoing NAMI SW WA Groups

Creative Writing for Wellness Group – Anyone interested in writing stories, poetry, journals, lyrics etc. please join us in Vancouver: Fridays, 12:00 - 1:00 pm. Drop-ins welcome.

Expressive Arts – Art helps you cope with difficulties and stress, and speed up your recovery process. Join us every Friday from 1:00 pm to 4:00 pm, 5411 E. Mill Plain Blvd., Suite 4, Vancouver, WA or Wednesdays, 12:00 pm to 4:00 pm at 1128 Broadway, Longview, WA for our expressive arts classes. Drop-ins welcome.

Women Support Group – Gather with other women overcoming mental health challenges in Vancouver: Wednesdays, 10:00 am–11:30 am. Drop-ins welcome.

STRivE First Steps to Recovery – Ten sessions providing education and tools for first steps toward a successful and sustained recovery from mental and emotional challenges. Tuesdays, 3:30 pm to 5:00 pm, 5411 E. Mill Plain Blvd. Suite 4, Vancouver or Mondays and Thursdays, 1:00 – 2:30 pm, 1128 Broadway, Longview. Confidential and Drop-ins welcome at any time.


Upcoming 2018 Education Classes

NAMI Signature Programs - NAMI SW WA is scheduling Spring Signature Classes. Now is the time to sign-up at namiswwa.org for Basics, Family to Family, Familia a Familia, Homefront, and Peer to Peer. Pre-register for Vancouver and Longview classes by going to namiswwa.org or by calling 360-695-2823. We will notify you before the next set of classes begin.
Membership Form—fees changed July 1st, 2017

There are three types of memberships:

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<th>Household* Membership Fee (*new)</th>
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☐ $____ My Tax-Deductible Donation

Open-Door Membership (limited income) ☐ $5 membership fee

Name(s) _______________________________________________ Date __________

________________________________________________________

Address ________________________________________________

City ___________________________ Zip ______ State ___________

Primary Phone ___________________________ Secondary Phone ___________

Email ___________________________ ☐ I prefer to receive the newsletter via email

NAMI Membership Includes:
- NAMI National Advocate Magazine, quarterly
- NAMI Washington Friday Facts, weekly e-mail by request
- NAMI Member Discounts on NAMI events and materials
- NAMI SW WA Newsletter, monthly
- At Annual Meeting, vote for NAMI SW WA Board of Directors and the budget

Please return your payment and completed form to:
5411 E. Mill Plain Blvd, Suite 4, Vancouver, WA 98661

To use a credit or debit card visit www.namiswwa.org and click on Join NAMI.