



NAMI

National Alliance on Mental Illness

Kenosha County

A newsletter for those interested in Promoting the well being of individuals and families affected by Mental Illness

Volume 28, Issue III

Fall 2017

Co-President's Corner

Greetings

NAMI Kenosha County Members,

Fall is upon us and summer is a fleeting memory! Here is just a short recap of summer activities for NAMI Kenosha County.

First, we had our Annual NAMI/Bridges/Dayton Picnic on Simmons Island on July 26th. It was well attended with almost 100 people. Thank you to all who helped and all who attended! A special thank you to Officer Jeff Wamboldt and Jack & Sue for transporting the food items! Then July 28th, 29th, and 30th was our Kickoff Fundraiser for Mental Health Awareness Week later in the fall. A huge thank you to Chris Tenuta and Tenuta's customers for supporting our efforts as we continue to fundraise! It was a very successful effort and all monies raised will stay in Kenosha.

The NAMI Board has been busy in August welcoming our two new board members: Thaddeus "Tip" McGuire and Mark Jaros! Thank you to these Kenosha citizens for stepping up to join the NAMI Kenosha County team! There is much work to be done spreading the word about mental health challenges and NAMI's mission to meet these challenges!

For upcoming events in the weeks and months ahead continue to read on or turn to **Mark Your Calendar** in this newsletter for a quick summary:

September 14th starts our NAMI support for Family and Friends at the Kenosha County Building as we continue to reach west of the Interstate.

October 1-7th is Mental Illness Awareness Week and again we will be fundraising at Tenuta's Delicatessen and Liquor and in Twin Lakes at Richter's Marketplace.

November 20-21st, 2017 CIP #17- Crisis Intervention Partner will be held at the Gateway Campus. This is a NAMI sponsored program along with law enforcement and Gateway to help enlarge the "Circle of Care" surrounding those in our community with mental illness. People in the professions/jobs with frontline access to those with mental health illness and crisis can take this workshop. Participants include, but are not limited to: dispatch, emergency care responders, public school staff, public library workers and hospital staff. To date we have 694 folks complete CIP since we started in 2010.

On December 2nd the NAMI Kenosha County 28th Annual Holiday Community Outreach Party will be held at Reuther High School as a noon luncheon. This was a great gathering last year with a hot meal, entertainment by the Lioness Choir and a visit from Santa! We hope to see all of our members and folks living with mental illness and their families on December 2nd.

Next year we will hold two Family to Family classes simultaneously.... one in the city and one in the county. This is a 12

week course with an enormous amount of information about many different mental health illnesses. Check out our website (www.namikenosha.org) for the latest information about how to register for the course.

Finally, we must tell you about our newest endeavor. On February 17th 2018, NAMI Kenosha County will collaborate with Laura Cox on Kenosha's PTSD Healing Connections Event. It will be held at the American Legion Hall downtown from 1- 4 pm. Come to the event and discover who can help and how they can make a difference in your healing journey. Healing from PTSD, Anxiety or Depression is a individual process and there is much to learn.

All of these events, activities and programs would not be possible or successful without all of the volunteers that support NAMI Kenosha County! To our volunteers: we acknowledge your work and effort and are grateful for your continued support. THANK YOU!!

Lisa Zanin and Jack Rose

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ANNUAL MEMBERSHIP (ONE YEAR) INCLUDES: *NAMI Wisconsin dues and NAMI dues
Please send to: NAMI Kenosha County, Inc. PO Box 631 Kenosha, Wisconsin 53141

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Find NAMI on the WEB

www.nami.org

NAMI Kenosha

www.namikenosha.org

NAMI WI

www.namiwisconsin.org

NAMI Racine

www.nami.racine.org

Membership Renewal

Please check your mailing label to determine when your membership is up for renewal. In order to renew just use the blank form in the newsletter and mail to

NAMI Kenosha

P.O. Box 631 Kenosha, WI

Support Groups

at St. Paul's Lutheran Church 6:00- 7:30 pm

Our Support Groups in town have three sessions conducted simultaneously: One for family members, one for adults with mental illness living in recovery and one for adolescents with mental illness living in recovery.

October 12, October 26, November 9,
(No Support on Thanksgiving Day), December 14,
December 28, January 11 and January 25.

Support Group at County Building, Corner of Highways 50 and 45. This Support Group for family members and friends meets once a month on the second Thursday in the morning from 9- 10:30 am. October 12, November 9, December 14, and January 11.

NAMI Board Meetings :

October 5, November 2, December 7, and January 4 at 5:30 pm.

NAMI Events

- Mental Illness Awareness Week- October 1- October 7, 2017
Fundraiser at Tenuta's Deli and Market in Kenosha and Richter's Marketplace in Twin Lakes October 6, 7 and 8

CIP #17- (Crisis Intervention Partners) November 20-21 at Gateway Campus. Sign up on the website: namikenosha.org

December 2 Annual Holiday Luncheon at Reuther High School at noon (All are welcome!)
- Family to Family 12 week Course sponsored by NAMI Kenosha County held January 8 thru March 27, 2018
- PTSD Healing Connections - Saturday, February 17, 2018, 1 to 4 PM
See Insert in this newsletter

Watch for more information and registration on the website:

namikenosha.org



www.facebook.com/officialNAMI



Get short, timely messages from NAMI. Twitter is a rich source of instantly updated information. It's easy to stay updated on an incredibly wide variety of topics. [Join today](#) and follow [@NAMICommunicate](#)

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Bridges Community Center, Inc.
*Peer Support, Advocacy and Empowerment
 For Adults Recovering with Mental Illness*

**OCTOBER 2017
 HAPPY HALLOWEEN**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9- Reflection Connections 10-Facilitators Meeting 11- Know Your Rights 12- Book Club 1:30- Schizophrenia 2:30 – Spanish 3:30 –Singing Dancers	3 9- Meditation 10- Bipolar 11 - Healthy Relationships 12- Full Esteem Ahead 1:30-Emotional Eaters 2:30- Roadmap to Recovery 3:30-LGBT	4 9- WRAP Group 10- Dual Recovery 11-Games 12-Members Meeting 1:30-Victims 2:30-Peer 2 Peer 3:30-Walking	5 9-Grief 10-Partners in Recovery 11- Art 12- Anxiety/Depression 1:30- Women's 2:30- Halloween Movie	6 9-Men's Group 10- Procovery 11-Creative Writing 12-Bingo 1:30- Emotions Anonymous 2:30-Peer 2 Peer 3:30-Meditation	7 9-Boundaries 10-Smart 11-NAMI 12-AODA
9 9- Reflection Connections 10-Anger Management 11- Know Your Rights 12- Book Club 1:30- Schizophrenia 2:30 – Spanish 3:30 Singing Dancers	10 9- Meditation 10- Bipolar 11 - Healthy Relationships 12- Full Esteem Ahead 1:30-Emotional Eaters 2:30- Roadmap to Recovery 3:30- LGBT	11 9- WRAP Group 10- Dual Recovery 11-Games 12-Members Meeting 1:30-Victims 2:30-Peer 2 Peer 3:30-Walking	12 9-Grief 10-Partners in Recovery 11- Art 12- Anxiety/Depression 1:30- Women's 2:30- Halloween Movie	13 9-Men's Group 10- Procovery 11-Creative Writing 12-Bingo 1:30- Emotions Anonymous 2:30 –Peer 2 Peer 3:30-Meditation	14 9-Positive Living 10-Game Hour 12-Bingo 12-AODA
16 9- Reflection Connections 10-Anger Management 11- Know Your Rights 12- Book Club 1:30- Schizophrenia 2:30 – Spanish 3:30-Singing Dancers	17 9- Meditation 10- Bipolar 11 - Healthy Relationships 12- Full Esteem Ahead 1:30-Emotional Eaters 2:30- Roadmap to Recovery 3:30-LGBT	18 9- WRAP Group 10- Dual Recovery 11-Games 12- Members Meeting 1:30 Victims 2:30- Peer 2 Peer 3:30-Walking	19 9-Grief 10- Partners in Recovery 11-Art 12- Anxiety/Depression 1:30- Women's 2:30- Halloween Movie	20 9- Men's Group 10- Procovery 11- Creative Writing 12-Bingo 1:30- Emotions Anonymous 2:30 –Peer 2 Peer 3:30-Meditation	21 9-Boundaries 10-SMART 11-NAMI 12-AODA
23 9- Reflection Connections 10-Anger Management 11- Know Your Rights 12- Book Club 1:30- Schizophrenia 2:30 - Spanish 3:30- Singing Dancers	24 9- Meditation 10- Bipolar 11- Healthy Relationships 12- Full-Esteem Ahead 1:30-Emotional Eaters 2:30- Roadmap to Recovery 3:30-LGBT	25 9- WRAP Group 10-Dual Recovery 11-Games 12-Members Meeting 1:30- Victims 2:30-Peer 2 Peer 3:30-Walking	26 9-Greif 10-Partners in Recovery 11-Art 12- Anxiety/Depression 1:30 – Women's 2:30- Halloween Movie	27 9-Men's Group 10- Procovery 11- Creative Writing 12-Bingo 1:30- Emotions Anonymous 2:30 –Peer 2 Peer 3:30-Meditation	28 9- Positive Living 10-Game Hour 11-NAMI 12-AODA
30 9- Reflection Connections 10-Anger Management 11- Know Your Rights 12- Book Club 1:30- Schizophrenia 2:30-Spanish 3:30- Singing Dancers	HAPPY HALLOWEEN PARTY		ALPACA ARTS TRIP-SEE SABRINA	PUMPKIN FARM TRIP-FRIDAY THE 13TH 10:00	Mental Health Awareness Milwaukee Trip Wednesday the 25th 9:00
	Every Wednesday 12:00-1:00 Membership Meeting All Members Welcome Let Your Voice Be Heard! Facilitators Meeting First Monday of the month Hours M-F 8:30-4:30 & Sat 9-1				

5718 7th Avenue ® Kenosha, WI 53140 ® Phone: 262-657-5252 ® Fax: 262-657-7414
 Mailing Address: P.O. Box 157 ® Kenosha, WI 53141

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ANNUAL MEMBERSHIP RENEWAL

The mailing label should include the expiration date for your membership. If you haven't been receiving the state or national publications please let us know. The national publication is sent four times a year and the state mailing are bi-monthly.



NAMI Membership...

I am interested in an Annual Membership

\$60.00 per Family

\$40.00 per Individual

\$3.00 Open Door (Low Income)

Enclosed is my tax-deductible contribution to NAMI, Kenosha County

_____ \$Enclosed. DONATIONS ARE ACCEPTED

Please make checks payable to NAMI Kenosha County

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

EMAIL _____ Note: Membership is for a year from the date of joining

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