

July/August, 2016

Support Groups

90 Minutes – Free of charge – Drop-in basis
356 Biltmore Ave., Asheville, NC

Connection – For people living with mental health issues

Family – For families and loved ones of people living with mental health issues

Renewal – For those with mental health issues and substance use

Family – Tues., July 19, 6:00 PM

Connection – Tues., July 19, 6:00 PM

Renewal – Wed., July 27, 7:00 PM

Connection – Mon., July 25, 11:00 AM

Family – Sat., August 6, 10:00 AM

Connection – Sat., August 6, 10:00 AM

Connection – Mon., August 8, 11:00 AM

Renewal – Wed., August 10, 7:00 PM

Family – Tues., August 16, 6:00 PM

Connection – Tues., August 16, 6:00 PM

Connection – Mon., August 22, 11:00 AM

Renewal – Wed., August 24, 7:00 PM

Writing Group

Join the NAMI WC Writing Group!

**These creative folks meet on
Wednesdays, 1:00-2:30 PM**

**In the NAMI Office
356 Biltmore Ave., Suite 207.**

For anyone interested!

**Write and share
Poems and Short Stories.**

Renewal

New Dual Recovery Support Group

Explores the relationship between mental health issues, substance use, and sustained recovery.

**2nd and 4th Wednesdays of every month
7:00-8:30 PM**

(July 27, August 10, August 24)

NAMI WC Office, 356 Biltmore Ave., Suite 207

It's time for Renewal!

Board Meeting

Next Board meeting – Tues., August 2, 5:00 PM

Join NAMI; Renew Your Membership Annually

SUPPORT – EDUCATION- ADVOCACY

NAMI means more than hope. We educate and support individuals living with mental illness and their families.

Be a part of building better lives for the millions of Americans affected by mental illness.

Education Forum

No Education Forums are scheduled for July and August. Our Education Forums will resume in September. They will be the 2nd Thursday of the month at 6:00 PM. The next Education Forum will be on September 8, 2016.

Contact Information

National Alliance on Mental Illness

Western Carolina

356 Biltmore Ave., Suite 207

Asheville, NC 28801

Office hours:

M, T, Th – 10:00-3:00 PM

828-505-7353

info@namiwnc.org

www.namiwnc.org

Facebook.com/NAMIWesternCarolina

Donations are welcomed and appreciated.



Rally for Recovery

Saturday, September 10; 10:00 AM – 2:00 PM
Open-air gym at Lake Junaluska, NC
Free – Everyone welcome
www.facebook.com/WesternRegionalRecoveryRally
Questions? Richie Tannerhill (1-800-893-6246, x 1157)
or richie.tannerhill@smokymountaincenter.com

Prevention works. Treatment is effective.
People recover!



Volunteer Opportunities

NAMI WC needs your help. We are a volunteer organization, and we need your help to keep our programs going. Please consider one of the following options:

- **Connection Support Group Facilitator**
- **In Our Own Voice Presenter**
- **Family Support Group Facilitator**
- **Office Volunteer**

Call 828-505-7353 or
Email info@namiwnc.org to volunteer!

Bridges of Hope

Creating stronger connections and safety nets for people living with serious mental health issues in and through faith communities.

60-90 minute program with team of two trained speakers and power point presentation.

Informing your congregation about serious mental illness and how to help individuals with a mental health issues and their families.

Contact: pheck812@gmail.com

Family to Family

Free class for families/caregivers of individuals with mental health issues.

6:00-8:30 PM, Thursdays
August 25 – November 10, 2016

Preregistration is required. Contact
pamelajaillet@gmail.com or
828-989-2365

In Our Own Voice

A Free Interactive Presentation
by people
Living with Mental Illness

In Our Own Voice interactive presentations demonstrate how individuals with severe mental illness experience recovery. Each program presenter has been through training to translate the story of his or her own struggles and successes.

In Our Own Voice speakers will talk to your class, organization, or faith community about some of the important things you need to know about mental illness. They will also talk about their recovery and important components of that recovery such as dark days, acceptance, treatment, coping skills, successes, hopes, and dreams. There will be time for questions, answers, and discussion.

We welcome the opportunity to speak to your class, organization, or faith community. To learn more about the program or schedule a visit, contact Paulette Heck, 828-581-0080 or pheck812@gmail.com.

Caring for the Soul

A discussion group for people with mental health issues and/or those in a supporting role.

Meets the first Monday of each month
from 5:30-7:00 PM

Black Mountain United Methodist Church, 101 Church Street, Black Mountain, NC 28711

Drive to the parking lot in the back of the church. Group meets in a red brick house right near the parking lot.

Questions? Call 828-581-0080