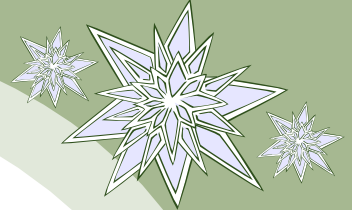




YAKIMA



Board of Directors

President - Lorna Gifford

Secretary - Deanna Roy

Treasurer - Kellie Crabb

At Large Members

Annie Bringloe

Deidra Dellinger

LaDonna Gifford

Linda Ovall

Jerrylou Salzman

Erin Wilson

Board meetings are held the **FIRST TUESDAY** of each month at **4pm**, at our **NAMI office**.

If you are interested in attending a board meeting, please join us.

The holiday season is upon me again. I am expected to be joyous and celebratory as well as festive and kind. The kids are wanting to put up the Christmas tree, which we usually do Thanksgiving weekend, but I am not in the mood to reorganize my house to make room for the decorations. All I can think about is which ornament will get broken this year. I still remember the day we discovered that our basement had flooded and I had lost all of those precious ornaments made by my children from cardboard and construction paper. They are gone forever now and Christmas just brings back that memory causing a great sadness inside me. The sadness is so great I can feel my Major Depressive Disorder peeking through as my Seasonal Affect Disorder begins with the darkening of days. I just want to ignore the whole holiday season. I find myself wanting to spend less time with people and doing fewer of the things I enjoy doing, as well as not enjoying them. I have been attending the **Peer to Peer Education Program** at NAMI-Yakima and have learned some new tools. One is that avoidance is the urge conceived from feeling apprehension, anxiety, and dread. These are not the typical emotions related to holidays. I have discovered I am not alone in these feelings and that I can attend the **Connection Recovery Support Group** that NAMI-Yakima offers **every Wednesday night at 7:00pm**. Every single week I can share my feelings with others who understand my perception and get positive feedback from them on how to keep moving forward.

Over the many years of living with depression I have seen the wear and tear on my own family. My depression is confusing to them because they only see what is on the outside. They see a supportive spouse and nearly well behaved children, they do not see the turmoil within me. I am sure my depressive episodes are wearing on them as much as they wear on me. It is relieving to learn that there is a **Family Support Group** that also meets on **Wednesdays at 7pm**. My family is the most important part of my support system. I live in fear of the day that my family turns their back on me because of my behavior (I do not act that way on purpose, it just sort of leaks out of me). Family is key to the recovery of someone living with mental illness so NAMI-Yakima is offering the **Family to Family Education Program** for **FREE** starting **January 7, 2015**. This is an excellent opportunity for family, caregivers, and friends of individuals living with mental illness to learn how to be supportive while still taking care of themselves.

In order for NAMI-Yakima to continue to offer all of our **FREE** programs and support groups we need financial assistance. At this time, when so many are in the giving mood we are asking you to consider supporting our grassroots organization. You can support us in a couple of different ways, 1) **Membership** which is not tax deductible, or 2) **Donation** which is tax deductible because we are a 501(c)(3) organization. We are appreciative of any help you can give us. Thank you.

United Way
of Central Washington

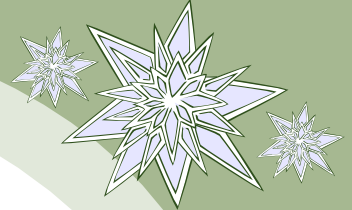


NAMI-Yakima

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YAKIMA



- * NAMI-Yakima is a group of mental health consumers, family members, community partners, and other volunteers.
- * Our mission is to serve our members and our Yakima Valley communities by providing family and consumer centered mental health support, education, and advocacy services.
- * NAMI-Yakima has been in existence since 1981 and is a grassroots, volunteer-driven organization.
- * We are affiliated with other NAMI organizations at both state and national levels.



DID YOU KNOW?

**KEEP CALM
AND END
MENTAL HEALTH
STIGMA AND
DISCRIMINATION**

- * 1 in 4 American adults will be diagnosed with a mental health disorder in their lifetimes.
- * Research shows that half of all lifetime cases of mental illness begin by age 14. Scientists are discovering that changes in the body leading to mental illness may start much earlier, before any symptoms appear.
- * Mental illnesses are disorders of the brain that can often profoundly disrupt a person's thinking, feeling, mood, and ability to relate to others.
- * Mental illnesses affect people of all ages, races, religions, and socioeconomic status.
- * Mental illnesses are not a result of personal weakness, lack of character, or poor upbringing.
- * Treatment works for most people living with mental illness. Peer and family programs are vital to effective treatment and recovery.

* **We like to call it the NAMI effect.**

- * Every time you offer your hand to pick someone up.
- * Every time you share your strength and ability to persevere.
- * Every time you offer support and understanding to a family who is caring for a loved one.
- * You help change lives.
- * Mental illness affects everyone.
- * With your help, we can reach more people in need of help and hope.
- * **Hope starts with you.**