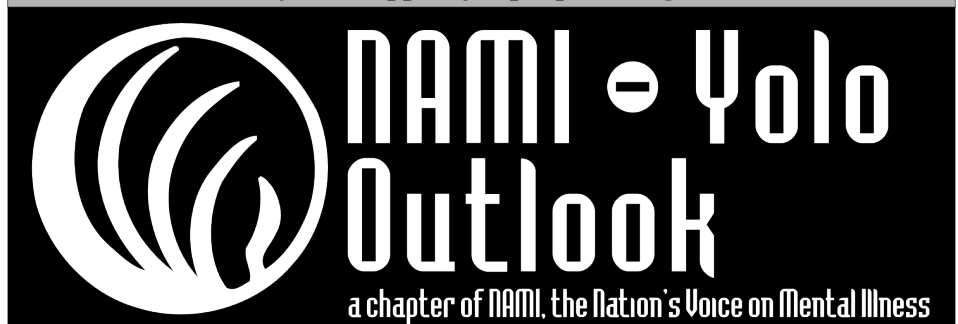


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education, advocacy and support for people living with mental illness



National Alliance on Mental Illness

## Northern CA NAMIWalk

Saturday, April 28, 2012  
William Land Park, Sacramento

### The Event

NAMI (National Alliance on Mental Illness) Walks is a day that brings hundreds of people walking together to learn more about mental illness, develop stronger ties with one another, and celebrate a beautiful day with friends and loved ones.

The Northern California Walks is a joint venture of six NAMI chapters in Amador, El Dorado, Sacramento, San Joaquin, Stanislaus and Yolo Counties to raise funds and increase public awareness of mental health issues.

### The Reason

One in five people will be treated for a biological brain disorder at some point in life. Financial support NAMI receives from the Walk is used for its programs that increase mental health recovery and reduce mental illness stigma. Please walk with us or support our teams. Become part of the solution.

8:00 a.m. Registration  
9:15 a.m. Program  
10:00 a.m. Walk  
10:30 a.m. Refreshments and Entertainment

## Northern California NAMIWalk

### Walk With Us

Go online to [namiyolo.org](http://namiyolo.org) and click on **NAMI Walks 2012**. You can join 1 of 3 NAMI-Yolo Walk teams, form your own team or walk as an individual.

### Become A Sponsor

Go online to [namiyolo.org](http://namiyolo.org) and click on **NAMI Walks 2012**. You can sponsor a walker or become an event sponsor.

### Donate By Mail

Send check made out to **Northern CA NAMIWalk** with **Yolo** in memo line to:  
NAMI Sacramento Team/Walker  
3440 Viking Dr., Suite 125, Sacramento, CA 95827

## Upcoming Events

**Date:** Saturday, April 28, 2012  
**Event:** Northern California NAMIWalk (see above)  
**Location:** William Land Park, Sacramento, CA

**Date:** Wednesday, May 2, 2012, 6:30 p.m.  
**Speaker:** Jen Welsh and Alexandra Teter  
**Topic:** *The Challenge of Crisis Services in Yolo County: Safe Harbor*

**Location:** Destiny Hall, 124 Lincoln Ave., Woodland  
**Potluck:** You needn't bring food, but if you can, please bring the following if your last name begins with:  
**A-H:** Main Dish **I-P:** Salad **Q-Z:** Dessert

**Date:** Saturday, June 9, 2012, 6:30 p.m.  
**Event:** 10<sup>th</sup> Annual Sunflower Art Reception  
**Location:** Davis Art Center, 1919 F Street, Davis  
Exhibit runs from June 4<sup>th</sup> through 21<sup>st</sup> at Art Center. See page 3.

## NAMI-Yolo

**Address:** P.O. Box 447  
Davis, CA 95617

**Phone:** (530) 756-8181

**Website:** [www.namiyolo.org](http://www.namiyolo.org)

**Email:** [friends@namiyolo.org](mailto:friends@namiyolo.org)

NAMI-Yolo is an affiliate of NAMI and NAMI California.

From September-May the Board of Directors usually meets on 3rd Wed. at 7 p.m. at Destiny Hall, 124 Lincoln Ave., Woodland. Call (530) 756-8181 and leave a message to confirm day and time.

### 2011-12 Board of Directors

**President** .....Roger Pehlke  
**Vice President** Nancy Temple  
**Secretary** .....Robin  
.....Van Herrmann  
**Treasurer**.....Richard Bellows  
Jim Holverstott, Steve Thomas,  
Walter Shwe, Joan Weiss, Carol  
Shea, Holly Bishop

### 2011-12 Coordinators

#### Family Support Group

Deanne Buchan

#### Family to Family

Dee Dee Levine

#### Grupo Latino de NAMI-Yolo

Mari Juarez & Marielena Vega

#### H.E.L.P. Support Group

Joan Weiss

#### Membership

Walter Shwe

#### NAMI Helpline

Joann Turner & Donna Bousquet

#### Outreach

Richard Bellows

#### Phone Tree

Donna Bousquet & Joann Turner

#### Potluck & Speaker Events

Roger Pehlke

#### Religious Outreach

Joan Weiss

#### Seeds of Hope

Melissa Lyans

#### Website

Leslie Carroll

#### Woodland Meetings

Al & Joan Weiss

## NAMI-Yolo Family Support

*NAMI programs should not be used to replace the training and professional judgment of mental health professionals. We cannot, and will not, assume the role of a physician or therapist. NAMI cannot be held responsible for the use of the information we provide. Please always consult a mental health professional before making any decision regarding treatment of yourself or others.*

### Family Support in Spanish

**Day:** Call for dates and times

**Location:** Yolo Family Resource Center, 828 Court St., Woodland

**Coordinators:** Amparo at (530) 662-2274 and Catalina at (530) 383-9621

### Family Support in English

**Day:** 4<sup>th</sup> Wednesdays **Time:** 6:30-8:00 p.m.

**Location:** Cesar Chavez Housing Complex Conference Room  
1220 Olive Drive, Davis

North of Lexington Apartments on east side of Olive Drive.  
Conference room in office building at end of the parking lot.

**Phone:** Leave message on NAMI-Yolo Helpline at  
(530) 756-8181 and someone will return your call

**Coordinator:** Deanne Buchan

## NAMI-Yolo Client & Family Support

*NAMI programs should not be used to replace the training and professional judgment of mental health professionals. We cannot, and will not, assume the role of a physician or therapist. NAMI cannot be held responsible for the use of the information we provide. Please always consult a mental health professional before making any decision regarding treatment of yourself or others.*

### H.E.L.P. (Help, Encouragement, Love and Prayer)

**Day:** 4<sup>th</sup> Sundays (last session June 24, 2012)

**Time:** 12 noon - 2:00 p.m.

**Location:** Destiny Hall, 124 Lincoln Ave. Woodland

**Phone:** Leave message on NAMI-Yolo Helpline at  
(530) 756-8181 and someone will return your call

**Coordinator:** Joan Weiss

Faith-based support group for family members and for people living with mental illness. Potluck lunch with separate group sessions for family members and people with mental illness following the meal.

### Check-In Group in Davis

**Wednesdays 2:00-4:00 p.m.**

Yolo County Mental Health  
600 A Street  
Davis, CA

Phone: (530) 757-5530

Check-In Group for support and a socialization group where we play bingo, apples to apples, yahtzee, etc. to assist in building peer support.

Groups will take place in conference room behind vending machines.

\*\*\*\*\*  
\* Help NAMI-Yolo by shopping \*  
\* at all of your favorite online \*  
\* stores. Visit Goodshop.com \*  
\* online. Enter "NAMI-Yolo" as \*  
\* your cause. NAMI-Yolo \*  
\* receives 1% of all of the \*  
\* purchases you make through \*  
\* Goodshop. \*  
\*\*\*\*\*

# The 10<sup>th</sup> Annual Sunflower Art Competition

**Display:** June 4- 21, 2012 at the Davis Art Center

**Reception:** Saturday, June 9, 2012, 6:30-8:30 p.m.  
Master of Ceremonies: Jim Provenza  
Yolo County Supervisor

## We are celebrating ten years of sunflower art!

In the past decade this project has grown from a small display of 50 paintings as part of a one-day mental health outreach event at The Davis Art Center to an annual three-week exhibition. Last year hundreds of visitors viewed over 300 art works by artists of all ages and walks of life. We have also sold thousands of "Seeds of Hope" cards printed with the winning art work and have witnessed giant sunflowers grow in our "Tallest Sunflower of Yolo County" contest.

## Here are Ten Ways you can become part of our decade celebration:

1. Donate money\*
2. Donate a raffle item
3. Volunteer time
4. Enter the Art Show
5. Visit the Art Show
6. Buy raffle tickets (at Farmers Market and reception)
7. Tell all your friends
8. Buy our seed cards
9. Plant sunflower seeds
10. Visit us at the Farmers Market (beginning in April)

\* Your donation will support local programs for people living with mental illness.

Please make checks out to NAMI-Yolo.  
Write Sunflowers in the memo line and send to:

NAMI-Yolo  
PO Box 447  
Davis CA 95617

To volunteer time or donate in kind goods,  
please call Melissa at (530) 220-4670.

For more information visit our special sunflower art website:  
[www.namisunflowers.org](http://www.namisunflowers.org)

## Green Thumb? New Garden Project Needs Volunteers

If you have a green thumb, here is a golden opportunity for you to help. Homestead Co-op, supportive housing in Davis for 21 people in recovery from psychiatric disorders, is starting a large garden project this spring. We're looking for volunteers to coach and help residents plan, plant and maintain their garden. The project is partially sponsored by YCCC and their Farm to Mouth program which helps train people to plant and take produce to market. Leave a message for Robin Van Herrmann at the YCCC office phone # (530) 758-2160 or email [farm2mouth@gmail.com](mailto:farm2mouth@gmail.com).

## Join in the Fun at the Davis Farmers Market

**Celebrate Spring by volunteering at the NAMI-Yolo Outreach booth at the Davis Farmer's Market.**

**Saturday Shifts:**  
8:45 a.m.—10 a.m.  
10 a.m.—12:15 p.m.

**Wednesday Shifts:**  
3:45 p.m.— 6 p.m.  
6 p.m.— 8:15 p.m.

Sell sunflower seeds.  
Work on small craft projects.  
Get the word out about NAMIWalks and the Sunflower Art Competition. Most importantly, provide information about psychiatric disorders and about NAMI-Yolo that can help make a difference to people in need.

How often we are at the market depends on YOU. We need volunteers to man (woman) the booth or it won't happen. We have a brand new market canopy that needs to be festooned. Join in the fun! The market outreach won't happen without YOU!

View the Market schedule online at  
[www.namiyolo.org/market](http://www.namiyolo.org/market)

To sign up or for more information, email [friends@namiyolo.org](mailto:friends@namiyolo.org) or phone (530) 756-8181.



NAMI-Yolo  
 PO Box 447  
 Davis, CA 95617  
 (530) 756-8181  
 friends@namiyolo.org

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**Return Service Requested**

**Northern California  
 NAMIWalk  
 Saturday, April 28, 2012**  
 See page 1 for further details.

	<h2 style="margin: 0;">NAMI-Yolo</h2> <p style="margin: 0;">Membership / Donations</p>
<p><b>Date:</b> _____ <input type="checkbox"/> <b>New Member</b>    <input type="checkbox"/> <b>Renewal</b></p> <p><b>Name</b> _____ <b>Phone (home)</b> _____</p> <p><b>Street</b> _____</p> <p><b>City</b> _____ <b>State</b> ____ <b>Zip</b> _____ <b>Email</b> _____</p> <p><b>We are always in need of volunteers. Please take a moment to mark the activities that interest you.</b></p> <p><input type="checkbox"/> Potluck Help    <input type="checkbox"/> Fundraising    <input type="checkbox"/> CANVAS Volunteer    <input type="checkbox"/> Special Events</p> <p><input type="checkbox"/> NAMIWalk    <input type="checkbox"/> Education &amp; Support Group Facilitating</p> <p><b>Throughout the year, we will notify you of upcoming events and important issues unless you tell us otherwise. In some instances, we will use an automated phoning system. Please indicate the following:</b></p> <p><input type="checkbox"/> Notify me only of Special Events.    <input type="checkbox"/> Send my newsletter electronically</p> <p><input type="checkbox"/> Please do <b>not</b> phone me.    <input type="checkbox"/> Please do <b>not</b> send newsletters or other literature.</p> <p><b>Special Instructions</b> _____</p> <p>Your membership and donations to NAMI-Yolo are tax deductible to the extent allowed by law.        Thank you for your support.</p> <p><input type="checkbox"/></p>	<p><input type="checkbox"/> <b>I want to join NAMI-Yolo</b></p> <p><b>Annual Membership Dues</b></p> <p><input type="checkbox"/> Corporate    \$150</p> <p><input type="checkbox"/> Benefactor    \$100</p> <p><input type="checkbox"/> Patron    \$ 50</p> <p><input type="checkbox"/> Family *    \$ 40</p> <p><input type="checkbox"/> Individual    \$ 35</p> <p><input type="checkbox"/> Professional    \$ 35</p> <p><input type="checkbox"/> Low Income    \$ 15</p> <p><input type="checkbox"/> Consumer    \$ 3</p> <p><input type="checkbox"/> <b>Donation</b>    \$ _____</p> <p><b>Total Amount</b>    \$ _____</p> <p><b>Make checks payable to &amp; mail to:</b>  <b>NAMI-Yolo</b>        PO Box 447        Davis, CA 95617        Phone (530) 756-8181</p> <p><small>* If you have family members residing at other addresses you want included on our mailing list, please list their names and address on a separate sheet.</small></p>