



NAMI

Cheyenne

National Alliance on Mental Illness

The Official Newsletter of NAMI Cheyenne

August-September 2009

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Calendar:

Educational Meetings

- **August 6, 6:00 PM** Supper and talk at Cheyenne Botanical Garden's Labyrinth
- **September 3, 7:00 PM** Video "Out of the Shadow"

Support Group Meetings

- **August 20, 7:00 PM**
- **September 17, 7:00 PM**

CONTACT US!

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Educational and Support Group Meetings

Educational meetings are held on the first Thursday of each month normally at the Unitarian Universalist Church, 3005 Thomes, in Cheyenne. The meetings start at 7:00 PM and typically last an hour.

On **August 6th** there will be a light supper and presentation at the Cheyenne Botanical Garden's Labyrinth, which is located at 710 S. Lions Park Dr. The supper will start at 6:00 PM and the presentation by Vanda Edington about the Botanical Garden's Labyrinth will start at 7:00 PM.

Please note the change in location and start time for this meeting.

On **September 3rd** there will be a viewing of the film "Out of the Shadow". Directed, produced and photographed by Susan Smiley, this very personal documentary chronicles the filmmaker's mother, Millie, and her family through Millie's battle with

schizophrenia, and her subsequent trials within the public health system. This version of the film contains a new, short epilogue, updating Millie's life since the original film was made four years ago. The main film lasts about 60 minutes and the epilogue another 20 minutes.

Support group meetings are held on the third Thursday of each month at the Unitarian Universalist Church. The August meeting will be on the 20th and the September support group meeting will be on the 17th.

At the start of the meeting attendees break into two groups—one for family and friends, and a second one for consumers—provided there are enough attendees for each group. Support group meetings start at 7:00 PM and normally last an hour and a half.

Substance Abuse and Mental Health Ombudsman

The Wyoming Substance Abuse and Mental Health Ombudsman Program is designed to advocate for the rights of individuals with mental illness and/or substance abuse and their families, and to improve their quality of life. For more information contact Martha

Mullikin, LPC, at 307 632-5519 or 888 857-1942 toll free. The mailing address is: Ombudsman, P.O. Box 2778, Cheyenne, WY 82003. On the Internet see: <http://www.wyomingguardianship.org/mental-health-ombudsman.html>



NAMI of Cheyenne Membership Application

TYPE	COST	AMOUNT ENCLOSED
<input type="checkbox"/> Consumer/Open-door	\$ 5.00	_____
<input type="checkbox"/> Family/Profession	\$35.00	_____

Name: _____

Address: _____

Email: _____

Please remove me from the mailing list.

Make checks payable to and return form to:

NAMI of Cheyenne
604 East 25th Street
Cheyenne, WY 82001

Affiliate memberships expired at the end of March. Please renew your membership, if you haven't already done so.

Do You Have an Email Address?

Would you be interested in receiving an email version of this newsletter?

If so, let us know at:
namiwynews@nami.org

We may be able to offer an 'E' version soon.

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