



Living with BiPolar Disorder Consumers Speak Out

This month's meeting is a departure. We talk about stigma, medicines, job and family stresses, the judicial system and housing, but on Monday, January 26th, we hear from two consumers – Jere and Pat – on how it is to live with all of this AND BiPolar Disorder. Jere and Pat live very different lives and have different heart aches and triumphs to share. Pat has lived with the disorder for decades now. Jere began his recovery last year. Jere has no insurance and has a felony on his record that affects everything from looking for a job to leasing an apartment. Real problems. Real people. Jere and Pat look forward to answering questions from families, friends and fellow consumers.

Please come with your family to hear from two of our consumers at *7:30 p.m. on Monday, January 26th at Dunwoody United Methodist Church, Activities Building, Room 258, 1548 Mt. Vernon Road, Dunwoody.*

Mental Health Day at the Capitol February 17, 2009

What started as a day to draw our legislators attention to the plight of mental illness has become an annual event. The success of the event and future legislative efforts regarding our courts, housing and insurance lies with you, the Georgia citizen and voter.

Plan to attend today. If you've never attended before, call a neighbor or friend in your district and plan on going together. Next write and ask your State Representative or Senator to come and have lunch with you. If you need their contact info, go to www.legis.state.ga.us/


If your legislator cannot come to the lunch, you can still ask for an appointment of 5 to 15 minutes on that day or another day to let them know how interested you are in improving mental health services in Georgia.

Registration is \$25 for the lunch.


Contact Jean at NAMI Georgia for more information (770) 234-0855 or jdervan@nami.org.
www.namiga.org

Upcoming Events


Tues., January 20th

 **7:30 p.m.** – Dunwoody Family Support Group, Dunwoody United Methodist Church, Room 254*


Mon., January 26th

 **7:00 p.m.** – Reception/ **7:30 p.m.** Education Meeting. *Consumers Speak Out.* Dunwoody United Methodist Church, Room 258.*


Tues., February 3rd

 **7:30 p.m.** – Alpharetta/Roswell Support Group, Alpharetta First United Methodist Church, Room 355**

Tues., February 17th

 **7:30 p.m.** – Dunwoody Family Support Group, Dunwoody United Methodist Church, Room 254*

July 6 - 9

 NAMI National Conference, San Francisco Hilton Towers, San Francisco, CA

* Dunwoody United Methodist Church, Activities Bldg, 1548 Mt. Vernon Road, Dunwoody

** Alpharetta First United Methodist Church, 69 North Main Street, Alpharetta.

Needed: Caring Friends!

Do you remember how it feels to come into a group and not know anyone --- and, to be stressed beyond all limits? If you do, please contact Diane Brower at dianebrower@comcast.net. We at NAMI Northside Atlanta are trying to launch Caring Friends. Someone to be the familiar "face" and "voice" of NAMI Northside Atlanta to new members. Please make a difference!

Needed: Dunwoody Facilitator

Please call Anita Chilcutt at (770) 458-3170 or Jerry Bishop at (678) 446-5080 if you are interested.



GA Crisis & Access Line 24/7

1-800-715-4225
www.mygcal.com

NAMI Leadership Seminar Saturday, January 24, 2009

If you are interested, there are still a few places available in the leadership seminar scheduled on Saturday, January 24th from 9 AM to 4 PM at Mercer University Conference Center in Atlanta. Sponsored by NAMI Georgia, the seminar will help current and future leaders learn more about its core programs as well as advocacy and community resource linkage.

This is a great opportunity to make a difference in the future of NAMI Northside Atlanta. Please contact Jean Dervan at NAMI Georgia at 770-234-0855 or jdervan@nami.org

Training Family Support Group Facilitator

If one of your New Year's resolutions is to use your gifts and talents to give back this year, please consider attending the Family Support Group Facilitator Training which will be held **Friday, January 30 – Sunday, February 1, 2009**. There are still a few places left, so please contact Jean at NAMI Georgia as soon as possible at 770-234-0855 or jdervan@nami.org.

Northside Atlanta currently sponsors two Family Support Groups and plans to expand that to three groups in 2009. If you choose to become a trained facilitator, you would be working with another facilitator one Tuesday evening a month.

Holiday Party Success

It was so nice to see so many of you at the Holiday Party. A special thanks to Anita Chilcutt and all who helped make it a success. The music was wonderful, the food delicious and the company outstanding!



NAMI Connections Training (March 20 – 22, 2009)

There will be a NAMI Connections Training on March 20 –22 at (tentative) Mercer University. If you are interested, the application form can be found on the NAMI Web site at www.namiga.org

NAMI Connection is a recovery support group program for adults living with mental illness. The free and confidential group offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

NAMI Northside Atlanta

NAMI Northside Atlanta is an affiliate of NAMI Georgia and NAMI National. The National Alliance on Mental Illness is a non-profit, grassroots support, education and advocacy organization for families and friends of the mentally ill.

Contact us:

NAMI Northside Atlanta
P.O. Box 467985
Atlanta, GA 31146

www.naminorthsideatlanta.com

Changes for address, e-mail or phone no:

Gary Teller at 770-390-0443 or
gmteller@mindspring.com

Editor: Diane Brower at 770-693-0403 or
dianebrw@comcast.net

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The Board represents your interests and encourages your active participation. It meets at 5:45 p.m. prior to the Education Meeting each month. Join us.

CIT Graduates 25 Officers

The first CIT Class for 2009 was held in Roswell the week of January 5-9. Sponsored by NAMI Northside Atlanta, the CIT Class graduated 25 officers. Roswell Police Chief Ed Williams said he is committed to this training and hopes to have future CIT classes in Roswell.

Happy Valentines Day!