



National Alliance on Mental Illness

NAMI Western Carolina

October/November, 2017

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

Connection – Tues., Oct. 17, 6:00 PM

Connection – Mon., Oct. 23, 11:00 AM

Connection – Sat., Nov. 4, 10:00 AM

Connection – Mon., Nov. 13, 11:00 AM

Connection – Tues., Nov. 21, 6:00 PM

Connection – Mon., Nov. 27, 11:00 AM

Family – Tues., Oct. 17, 6:00 PM

Family – Sat., Sat. Nov. 4, 10:00 AM

Family – Tues., Nov. 21, 6:00 PM

Annual Meeting/Holiday Potluck

Thursday, December 7, 2017

St. Mark's Lutheran Church, 10 N Liberty St.

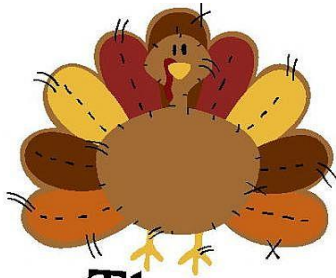
Parking off Merrimon and Chestnut, Asheville, NC

Bring a dish to share!

5:30 Final Voting for NAMI WC Board Members

6:00 Welcome and Dinner

6:30 Program (including Election Results & CIT Award)



Happy Thanksgiving

Board Meeting

Next Board meeting – Tues., Nov. 7, 2017
6:00 PM (new time)

NAMI WC Board Nominations

Dear NAMI WC Members,
If you would like to nominate a Board Member, please contact Larry Thompson (let3@charter.net) by Wednesday, November 1st.

Education Forum

Topic: Medicare 2018 Update

- Prescription drug plans
- Medicare Advantage plans
- Changes in deductibles, premium, and coverage

Speaker: John Wingerter

John Wingerter (MSW) is the Director of Health Insurance Information Services for the Council on Aging of Buncombe County.

Thursday, November 9, 2017 – 6:00-7:00 PM
356 Biltmore Ave., Asheville, NC (upper level);
Room 312

Anxiety Support Group

Do you want support dealing with anxiety?

Join us the 1st and 3rd Thursdays of each month
356 Biltmore Ave., Asheville
(upper level of building)

Contact Becky Smucker – 828-231-2198

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.

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.



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**
- **NAMI Basics and Family-to-Family Teacher**

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

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

Spiritual support and discussion group for people living 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, Blk. Mtn. NC 28711

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