



*SUPPORT: **NAMI** members support one another by listening, empathizing and sharing information. Monthly meetings are held to offer **HELP** and **HOPE** for individuals, families, and friends.*

**NATIONAL ALLIANCE ON MENTAL ILLNESS**  
*Supporting, Educating, & Advocating*

# ***NAMI of Clallam County Newsletter***

## **May - June 2015 Issue**

### ***Board of Directors***

*President: Chris Juel*  
*Treasurer: Lora Brabant*  
*Secretary: Margi Ahlgren*  
*Director: Pam Brown*  
*Director: Debbie Fredson*  
*Director: Angel Lucas*  
*Director: Charles Pridgen*  
*Director: Gisela Simons*  
*Ex-Officio: Ginger Melville*

### ***Local Contact Information***

*NAMI of Clallam County*  
*PO Box 2878*  
*Port Angeles, WA 98362*

*For Information and Referrals*  
*Message Phone Number:*  
*360.452.5244*

*Email:*  
*[namiofclallamcounty@gmail.com](mailto:namiofclallamcounty@gmail.com)*

### ***Newsletter Editor***

*Vivian Mulligan*  
*[vivian.mulligan@gmail.com](mailto:vivian.mulligan@gmail.com)*

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**Hotlines Available 24 hours a day / 7 days a week**

Peninsula Behavioral Health Crisis Line: **360-457-0431**

- Crisis Counselors on call 24 hours a day

East Clallam County Crisis Line: **360-452-4500**

National Suicide Prevention Lifeline: **1-800-273-8255**

## What's Going On

### Calendar of Events

#### NAMI Affiliate Meetings

**Free**

Olympic Medical Center (Hospital)  
Linkletter Hall, Basement  
*All Consumers, NAMI members, and Friends of NAMI are Welcome!*

**May 21 Affiliate Meeting 6:30 pm**

**The Board Meeting will immediately precede the Affiliate Meeting at 5:00 pm. Members are welcome to attend the Board Meeting as observers.**

**At our May 21 Affiliate Meeting, we are pleased to welcome Morningside, a private, non-profit community rehabilitation program, which serves the employment needs of the disabled. Look for more details on page 3.**

#### BINGO

**Free**

Horizon Center - Port Angeles  
Corner of 5<sup>th</sup> and Lincoln  
**(Last Tuesday day of each month 2:00 – 3:15)**  
May 26, June 30  
*All Consumers and NAMI members are Welcome!*



### Support Groups

**Free**

#### Family Members

Peninsula Behavioral Health  
Port Angeles  
**(Every Thursday Noon – 1:30)**  
May 07, 14, 21, 28  
June 04, 11, 18, 25  
For more info call 681-7414

#### Family Members

Sequim Community Church  
Sequim  
**(2nd and 4th Monday 7:00 pm)**  
May 11, 25  
June 08, 22  
For more info call 457-0330

#### Adults Living with Mental Illness

#### Connections

Church of God  
Corner of 5<sup>th</sup> and Race, Port Angeles  
**(Every Saturday 1:30 – 3:00)**  
May 02, 09, 16, 23, 30  
June 06, 13, 20, 27  
*All Adults with mental illness, regardless of diagnosis, are welcome!*  
For more info call 360-452-5244



## **Morningside to Present at May 21 Affiliate Meeting**

*Morningside is a private not-for-profit 501-(c)(3) Community Rehabilitation Program providing employment services to individuals with disabilities. They specialize in supported and competitive employment. The Peninsula Region of Morningside provides employment services in Clallam County to approximately 89 individuals. Come to the **May 21 Affiliate Meeting** to hear them tell their story and how they can help you!*

<http://www.morningsideservices.com>

## **New NAMI of Clallam County Board Members Elected**

*At the April 16, 2015, NAMI of Clallam County Affiliate Meeting, the follow people were nominated and unanimously elected to the Board: Chris Juel, President; Lora Brabant, Treasurer; Margi Ahlgren, Secretary; Angel Lucas, Director; Charles Pridgen, Director; Pam Brown, Director; Gisela Simons, Director; and Debbie Fredson, Director. Ginger Melville will remain a Director in ex-officio status as past president.*

*Look for bios and pictures of the new officers in the next issue of the NAMI of Clallam County Newsletter.*

## **NAMI of Clallam County Newsletter Editor Sought**

*It is with mixed feelings that I tender my resignation as NAMI of Clallam County Newsletter Editor. I've been editor since December of 2012, almost two and a half years. I stepped in on the heels of Sandy Garrison who both set a fine example and offered much needed advice. I will, of course, be happy to assist the person who takes over now. My last issue will be for July – August, 2015. Please contact one of the Board members if you are interested. Vivian Mulligan*

## **NAMI Presentation to Port Angeles Head Start**

Joyce Matson and Mary Benavidez made a NAMI presentation to the Port Angeles Head Start Thursday May 14. There were 11 people in attendance. Many children they work with have behavioral health issues that we can help with through our Basics Class.

National Alliance on Mental Illness  
Clallam County  
PO Box 2878  
Port Angeles, Washington 98362



**NAMI**

**of Clallam County**

*Your Local Voice on Mental Illness*

**MEMBERSHIP DUES 2015**

**SINGLE MEMBERSHIP** \_\_\_\_\_ \$35

**CONTRIBUTION / GIFT** \_\_\_\_\_ \$

**FAMILY MEMBERSHIP** \_\_\_\_\_ \$35

**OPEN DOOR** (*minimum/low income*) \_\_\_\_\_ \$ 3

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**PLEASE PRINT**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City, State, Zip** \_\_\_\_\_

**E-mail** \_\_\_\_\_