



The NAMI Contra Costa Newsletter and e-newsletter are available on the web at:

<https://www.namicontracosta.org/e-newsletters/>

Warm Line: (925) 465-3864 Office Number: (925) 942-0767

***Mental Health Awareness Month EDITION* Covering the Past Six (6) Months of NAMI CC's Education, Support, Outreach, and Advocacy**

In Honor of Mental Health Awareness Month, NAMI Contra Costa Annual NAMI IN MOTION 2024 County-wide Mental Health AWARENESS Event & Community Resource FAIR - Saturday, May 18, 2024

Saturday, May 18, 2024

9:30 am to Noon

Todos Santos Park 2175 Willow Pass Road Concord

In Loving Memory of Joseph Martino, we will serve an Italian Lunch Meal in his Honor

In recognition of May as Mental Health Awareness Month, please join NAMI Contra Costa on Saturday, May 18th, 2024 from 9:30 am to Noon for our Annual NAMI IN MOTION Countywide Mental Health Awareness Event and Community Resource Fair. This event will be held at Todos Santos Plaza in Concord, CA. Community partners will join us in sharing mental wellness resources which will include information about the various county programs and how they support those impacted by Mental Illness. Come and explore the resources!

This mental health awareness, stigma reduction event will be family-friendly and include a stroll for health, live music, dancing, snacks, interactive vendors and booths, a kid's fun zone with activities for children of all ages. We will also have a releasing of doves for those who have lost loved ones living with mental illness. For more information contact Gigi Crowder at 510-990-2670/gigi@namicontracosta.org.

Doing our Part to Build Mental Health Friendly Communities!
Donate Here to ensure that NAMI CC can continue providing free services: <https://www.namicontracosta.org/donate/>

Visit www.namicontracosta.org for more information.

2024 Change Agent Appreciation Award Celebration for Individuals/Organizations Making an Extraordinary Difference in Improving Mental Health Outcomes



In honor of Mental Health Awareness Month, NAMI CC will hold an event at Pleasant Hill Community Center on the evening of May 22, 2024 "A Look Into the Future: Positioning NAMI Contra Costa to Preventively Support Children and Families Impacted by Mental Illness."

It will be another special event as many NAMI CC community members, family and friends gather for recognition of their outstanding contribution in improving mental health outcomes for our residents of Contra Costa.

We will highlight what the nominee has done to improve mental health outcomes in the areas we will recognize.

Thank you for all you do in the mental health community and for all who will join us in celebrating this memorable event!

CHANGE AGENT AWARDS
SOCIAL JUSTICE: Melvin Willis
ELECTED OFFICIAL: Supervisor Federal Glover
FAITH-BASED LEADER: Rev. Dr. Alvin C. Bernstine
VOLUNTEER: Jane Voll
COMMUNITY SERVICE AGENCY: San Ramon Valley Fire Protection District
REDUCING DISPARITIES CHANGE AGENT: Brandon Banks Public Defender's Office
MEDIA: Dave Clark
POSTHUMOUS SERVICE AWARD: Steven Bischoff

SAVE the DATE! May 22, 2024 In Honor of Mental Health Awareness Month, NAMI Contra Costa and CalHOPE Present: A Look Into the Future: Positioning NAMI CC to Preventively Support Children and Families Impacted by Mental Illness

Wednesday, May 22, 2024

5:30 - 8:30 pm

Dinner served at 6 pm

Pleasant Hill Community Center
320 Civic Drive

Facilitated by Mark Ibanez,
Retired KTVU Sports Director
Moderated by Gigi Crowder, L.E.
Executive Director, NAMI CC

Learning from Alex Briscoe Discussing the Future of Mental Health

FEATURED Special Guests:
Pastor Horacio Jones,
Co-Founder of Mental Health Friendly Communities

Peter Kim,
Co-Director of CCC Office of Racial Equity and Social Justice

Ruth Fernandez, Ed.D,
Executive Director of First 5 Contra Costa

AND Special Guest Performer, January!

NAMI CC will Honor Local CHANGE AGENTS! ! In addition, we will commemorate Steven Bischoff, former Executive Director of the Alameda County Mental Health Association.

General Admission: \$20 - Register on Eventbrite.com: <https://www.eventbrite.com/e/a-look-into-the-future-positioning-nami-cc-to-preventatively-support-tickets-837702991197>

Questions? Contact Gigi Crowder at gigi@namicontracosta.org.

NAMI CC Support Groups—Offered by Zoom

**NAMI CC Warm Line
(925) 942-0767**

A non-emergency hotline for anyone seeking emotional support, information, and/or linkage to community resources.

Connection Support Group

Time: Every Wednesday/Friday
7:00 p.m. - 8:30 p.m.
Meeting ID: 950 5621 9162
Passcode: 917027
Facilitated by Avery Gould and Olivia Henderson

AAPI Transitional Age Youth Support Group

Time: Every Saturday, 6:00 p.m. - 7:30 p.m.
Zoom Meeting ID: 861 9019 9549
Contact: Leo Li
E-mail: Leo.li@namicontracosta.org

Transitional Age Youth Support Group

Time: Every Monday,
6:00 p.m. - 7:30 p.m.
Meeting ID: 824 8157 2895
Contact: Leo Li
Email: Leo.li@namicontracosta.org

Peer Dual Diagnosis Support Group

Time: Every Tuesday,
5:30 p.m. - 6:30 p.m.
Meeting ID: 896 8970 3043
Contact: Greg Beckner or Ashley Ciullo
E-mail: greg.beckner@namicontracosta.org

Family Support Group

Time: 1st & 3rd Monday,
7:00 p.m. - 8:30 p.m.
Meeting IDs:
1st Monday: 983 9317 0658
3rd Monday: 983 4603 3191
Contact: Michele O'Keefe
E-mail: Michele@namicontracosta.org

Faith Focused Grief Support Group for African Americans

Time: 2nd Friday of the month
6:30-7:30 pm

Contact: (Min.) Desiree Rushing and Dr. Mark Wilson
De-siree.rushing@namicontracosta.org

AAPI/Mandarin Family Support Group

Time: 1st Tuesday 5:30-6:30 p.m., 3rd Sunday 3:00-4:30 p.m.

Meeting ID: 990 6004 9476
Contact: Shelly Ji
E-mail: Shelly@namicontracosta.org

LGBTQ+ Support Group

Time: 1st & 3rd Saturdays Hybrid (In Person)
2151 Salvio Street, Suite V Concord

Contact: Maureen McSweeney at Maureen.mcsweeney@namicontracosta.org, Avery Gould at avery@namicontracosta.org, Anthony Marin Anthony.marin@namicontracosta.org

The Parent Connection

Time: 2nd & 4th Monday,
8:00 p.m. - 9:00 p.m.
Meeting ID:
2nd Monday: 851 3436 1113
4th Monday: 924 4351 8216
Contact: Susan Horrocks
E-mail: susanh@namicontracosta.org

Men of Wellness & Men of Faith Support Group

Time: 2nd Wednesday of the Month, 7:00 p.m.
Meeting ID: 930 9814 2482
Passcode: 585218
Contact: Alfonzo Edwards or Marc King
E-mail: alfonzo.edwards@namicontracosta.org

African American Family Support Group

Time: 4th Wednesday, 7:00 p.m. - 8:00 p.m.
Meeting ID: 875 3337 4219
Contact: Gigi Crowder, (510) 990-2670

Writer's Group

Time: 2nd Saturday,
10:30 a.m. - 12:00 p.m.
Meeting ID: 899 7512 5965
Contact: Roberto Roman

Conexiones

Time: Every Thursday,
6:30 p.m. - 8:00 p.m.
Zoom Meeting ID: 882 5045 6006
Contact: Juan Soria
E-mail: juan.soria@namicontracosta.org

Older Adults

Time: 2nd & 4th Mondays,
6:00 p.m. - 7:00 p.m.
Meeting ID:
2nd Monday: 894 3849 7301
4th Monday: 889 6810 7425
Contact: Michele O'Keefe
E-mail: Michele@namicontracosta.org

NAMI CC Men's Support Group

Time: 2nd & 4th Tuesday
7:00-8:00 pm
Meeting ID: 827 5601 8476
Contact: Jesse Robbins, Phil Arnold, Greg Beckner.]
Jesse.robbins@namicontracosta.org

Mental Health Crash Course—Virtual Orientation

Time: Every Wednesday,
6:00 p.m. - 8:00 p.m.
Meeting ID: 964 0515 7044

Contact: Michele O'Keefe
E-mail: Michele@namicontracosta.org or Greg Beckner at greg.beckner@namicontracosta.org

NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

Susan Norwick Horrocks, *President*
(925) 942-0767
Susanh@namicontracosta.org

Barbara Scott
First Vice President

Charles Madison *Treasurer*

BOARD OF DIRECTORS

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Executive Director

Gigi Crowder
(510) 990-2670

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Barbara Scott	Nominating Committee
Marie Kamali	Family-to-Family
Stephanie Taddeo	Members Data
Richard Derrico	Behavioral Health Court
Gigi Crowder	FaithNet Chair
Emily O'Connor	Community Partners
Deborah Fruchey	In Our Own Voice
Douglas Dunn	Political Advocacy
Ashley Ciullo	Media Relations

Email: info@namicontracosta.org

Website: www.namicontracosta.org

Phone: (925) 942-0767

Newsletter Deadline:
10th of Each Month

Submissions to Ashley@namicontracosta.org

Vice President's Column By Barbara Scott

President Susan is on a well deserved vacation for two weeks. She has been working tirelessly as our Board President. Susan spends hours with preparation, meetings, and advocacy for all of us. She is committed to helping all families. So, I am filling in for her for a few weeks.

I am focusing on Mental Health Awareness month this May. What does that mean for us and how do we increase the community awareness?

I, myself, have PTSD and have many family members struggling with addiction and challenging mental health diagnoses.

I read many articles including NAMI National's website, La Concordia Newsletter and Mental Health Connections House activities. And of course, our dynamic NAMI CC leader, Gigi Crowder's exceptional activities for this month.

I think what is important is to do something that you are comfortable with: put up a NAMI CC poster at work, have a conversation with a friend or family member about mental health status in this county, participate in the NAMI In Motion on 5/18.

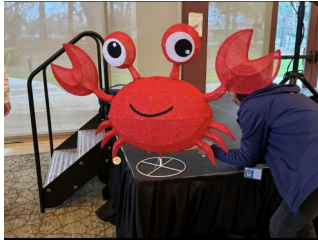
There are so many ways for us as individuals to increase awareness in our communities. I challenge you to choose an activity, make a donation or have that conversation with someone about mental health. You are not alone with the NAMI community change happening. Now we have 988 and with Proposition 1 passing, more hospital beds, treatment, and housing.

I thank you in advance for your advocacy. As always, I am inspired by the NAMI CC community. I hope to see you at NAMI In Motion or other NAMI CC activities.

NAMI Contra Costa's Mission Statement:

Our Mission is to provide support, outreach, education and advocacy to families affected by and individuals living with a mental illness.

Thank You for Joining us on Sunday, March 3, 2024 for our Back to the Basics Crab Feed Fun-raiser



Thank you for joining us this year for our annual Crab Feed Fundraising event! We enjoyed spending the cherished evening with you and yours. This year we again held our tradition and settled for a "Back to Basics" Crab Feed Fun-raiser and nonetheless, it was an evening of special joy enjoying friendship, family and of course, CRAB!

We sold out on March 3, 2024 at 5:30 pm at the Pleasant Hill Community Center for a night of smiles and laughter and filled bellies, while of course helping the cause and NAMI CC's mission to provide support, education, outreach and advocacy to individuals living with or families impacted by mental illness.

Friends and Family had so much fun!
-All you can eat Dungeness crab
-Live band, special guest singer and Plenty of Dancing

If you Donated to Fund the Need, we greatly appreciate and thank you. A special thank you to our sponsors, John Muir and Crestwood Behavioral Health. All proceeds go towards NAMI CC programs and services.

Watch our NAMI CC "Back to Basics" Crab Feed Fun-raiser 2024 video:

<https://www.youtube.com/watch?v=7asxFe7wtMo>



Sunday, March 10, 2024 NAMI Contra Costa and the Angelo Quinto Foundation Remember Angelo Quinto on his 34th Birthday



On Sunday, March 10, at the Antioch Waterpark Multi-Use Hall, the Angelo Quinto Foundation held its annual event honoring Angelo and his legacy on what would have been his 34th birthday. They celebrated the past three years' accomplishments, and introduced their next Call to Action in partnership with NAMI Contra Costa: to separate the sheriff and coroner in Contra Costa County.

The event, sponsored by NAMI Contra Costa, was well attended, with about 80 guests in-person and some attending via Zoom. Flower arrangements, photos, altars, and beautiful food and dessert tables set the tone for a celebratory, commemorative afternoon.

The AQF kicked off the event with a video of Angelo reflecting on his life while on a hike, recorded in December of 2019, then introduced a series of speakers. Antioch's honorary poet laureate, José Cordon, opened the speaking portion with two resonant poems. Keynote speaker Assemblymember Mike Gipson—author of AB 490 (2021): Positional Asphyxia, AB 1608 (2022): Separating Sheriff-Coroners, and AB 360 (2023): Excited Delirium—spoke about working with the Quinto-Collins family and about the recent passage of AB 360. Another keynote speaker, Joanna Naples-Mitchell from Physicians for Human Rights, who have been instrumental in debunking "excited delirium," described invaluable resources

like PHR's initial report on the term as well as their new interactive site with Campaign Zero, and celebrated the news that the Quinto-Collins family will be receiving a humanitarian award from PHR!

Other speakers included David Hochschild, close family friend of the Quinto-Collins', who has advocated for justice for Angelo since the tragedy of his death occurred; Antioch City Councilmember Monica Wilson, who has contributed to necessary police reform and the establishment of mental health response teams in Antioch; BART Police Oversight members Russell Bloom and Patrick Caceres, who helped get rid of the use of "excited delirium" at BART; NAMI Contra Costa Executive Director Gigi Crowder, who discussed some valuable resources available as a result of the unjust killing of Miles Hall; and the powerful impacted families of José Luis, Miles Hall, Steven Taylor, and Pedie Perez.

The event ended with a Call to Action presented by Gigi Crowder and Bella Quinto Collins, sister of Angelo Quinto. They introduced the campaign for independent coroners, gave an educational resource for folks to learn why this change is important, and distributed instructions for calling into Board of Supervisors meetings. For instructions and more information on how you can support this campaign, visit bit.ly/IndepCor2024.

Watch the video recording here: <https://youtu.be/KCJJI5xm2Fs>



NAMI CC's Black History Month Celebration! Presented by NAMI Contra Costa, 40 Voices Campaign, African American Uplift Program, and Black Minds Matter 2!



On Wednesday, February 28, 2024, NAMI CC held a Black History Month Celebration! Presented by NAMI Contra Costa, 40 Voices Campaign, African American Uplift Program, and Black Minds Matter 2! 9:30 am - 2:30 pm at Bethlehem Missionary Baptist Church: 684 Juliga Woods Street, Richmond, CA 94804, serving lunch and hosting a raffle.

40 Voices were Heard! Our Journey to an African American Holistic Wellness and Resource Hub: Moving Toward the Promise and Recognizing Supervisor Federal Glover and Supervisor John Gioia for their Service and Continued Support for Equity. Also acknowledging Stanley Petey Cox - "Mistah F.A.B." for revolutionizing the way we talk about childhood trauma. County Leadership, Decision Makers, Clergy, and others motivated to improve the lives of African American residents in Contra Costa County attended.

This event was designed to report back on the progress made and the challenges discovered as the 40 Voices Campaign charges forward with an effort to establish an African American Holistic Wellness and Resource Hub in Contra Costa County. We shared the strategies we employed and the key voices that were lifted that joined our campaign as advocates to secure \$80,000 for a Feasibility Study, the creation of an African American Steering Committee, and 1 million dollar allocation for immediate services in Antioch to address the painful, racially motivated text messages from law enforcement.

NAMI Contra Costa Volunteer Appreciation Celebration Video from March 29, 2024



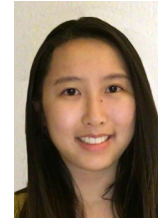
A great time was held by all that attended NAMI Contra Costa's spring Volunteer Appreciation Celebration on a rainy day last Friday, March 29, 2024. Over 50 people shared refreshments, and got acquainted sharing a common desire to volunteer their time, talents and energy. This quarterly event is to show our heartfelt gratitude to those who completed our Volunteer Module trainings and made a commitment to giving back to their. Each Volunteer is helping NAMI CC achieve our mission to help provide education, advocacy, support and outreach to loved ones and family members impacted by mental illness.

Originally scheduled to be held in our Concord office's courtyard due to the rain, we transitioned to indoors which allowed us to be more warm and comfortable. Our Volunteer Coordinator, Shelly Ji kicked off the program with a warm welcome and then passed it on to our Executive Director Gigi Crowder introduced herself, the board President, Susan Horrocks and other board members present. Gigi introduced our wonderful staff and current as well as future interns and shared the roles they each play or will play to improve outcomes for those impacted by behavioral health challenges.

Each new Volunteer was warmly greeted as they shook hands with the Leadership team and were honored with their volunteer certificate for completing the module training along with their official NAMI CC photo badge. It was a special feeling that everyone who filled the conference room were kind souls dedicated to social justice and looking toward building mental health friendly communities for All.

Watch the video: <https://youtu.be/45HEQpG1wA>

Our Monthly Star* Meet Ashley Lowe, NAMI CC Webmaster



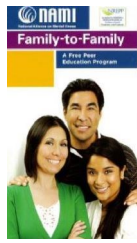
Ashley is a student at Saint Mary's College of California's Master's Program in Counseling, with a specialization in Marriage & Family Therapy (MFT)/ Professional Clinical Counseling (PCC) and long history of volunteering. Just a couple years ago, while contemplating a career change after receiving her BFA, Summa Cum Laude, in Graphic Design at Woodbury University, she began volunteering at NAMI CC, volunteering her design skills as a returning student. During her high school and early college years, she also volunteered with her local community college's LGBTQ+ club, her church to provide lodging for the unsheltered, and various other local nonprofits, including NAMI Ventura County in Southern California. In her free time, she watches educational videos, meets up with friends, practices design skills, and gets connected to her heritage culture through intentional language immersion experiences.

Ashley's journey into the mental health space began at an early age. Her father, Phillip Lowe, PsyD and previous NAMI CC board of directors member, pursued his doctorate while Ashley was just a teen, and she showed great interest in the field and the communities he worked with. Years later, after having worked professionally in graphic design and as a motivational coach, she decided to "pick up where she left off" and pursue working in the mental health space. She remembered the impact that NAMI had on her and her community and requested to get started with volunteering through Shelly Ji, Volunteer Coordinator at NAMI CC.

As a NAMI CC Volunteer, Ashley started with assisting Ashley Ciullo with newsletter format and editing and improved e-Newsletter functionality and accessibility. She later worked with the AAPI department as a bilingual Cantonese Chinese/English-speaking Peer Support Specialist through the CalHOPE Program. Most recently, Ashley took up the role of Webmaster at NAMI Contra Costa and led the complete redesign of the website, which has offered greater visibility and accessibility of NAMI CC's services and groups for visitors online. Overall, Ashley's work encompassed identifying gaps in access and creating high-level solutions for members and visitors, improving NAMI CC's exposure both online and offline.

NAMI CC and its genuine, caring staff has given her a safe, supportive, and educational environment to work and outreach to communities in need. As a peer, this is extremely valuable to continued recovery and utilizes the valuable peer experience in facilitating recovery for others. In the future, Ashley would like to leverage her continually improving language skills and lead a Cantonese Chinese support group.

FAMILY TO FAMILY EDUCATION COURSE



NAMI Family-to-Family is a free, 8-session educational program for family, for significant others and friends of people living with mental illness. It is a designated evidence-based program. Family to Family Education Course is a free series of classes that cover the symptoms and treatment of major mental illness, as well as skills to help family members and friends communicate with, and advocate for, their loved one more effectively. Our new curriculum is presented once a week for eight weeks. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

The new program starting in June 2024 via Zoom is full. Here are the class/registration details. Family to Family ZOOM June 12/24 to July 31/24 6:30pm to 8:30pm Facilitated by Gerardo Peniche and Gwendolyn Sampson-Brown. We are happy to announce we will be having another course opening up September 4th Wednesday Evenings through October 23rd for 8 weeks In Person at John Muir Concord Medical Center Martinez Room (1st floor) 2540 East St., Concord, CA 94520 Wednesdays from 6:30pm to 8:30pm Facilitated by Gerardo Peniche and Gwendolyn Sampson-Brown. For information and course registration contact Marie Kamali, Family to Family Education Program Coordinator: marie.kamali@namicontracosta.org or call 415-254-9858.

Familia a Familia. From May 31/2024 to July 19/2024 At The Latina Center 3701 Barrett Ave, Richmond, CA 94805 For information and course registration Contact Mercedes Marquez Cellular: (510)576-9517 and Alejandra Escobedo Cellular: (510) 837-4077 and Gerardo Peniche, Familia a Familia Education Program Coordinator: latinx@namicontracosta.org, (925) 765-9980.

Family to Family in Chinese/Mandarin. Contact Shelly@namicontracosta.org to register or for more information.

For information and to pre-register, go to our website, www.namicontracosta.org, Groups & Services tab, Signature Programs, Family to Family, scroll down to NAMI CC Classes Registration Form and check mark Family to Family when you fill out your information.

NAMI CC BASICS CLASS

NAMI Basics is a 6-session educational program for parents, family members and caregivers of children and adolescents, ages 5-22, who are experiencing behavioral and emotional difficulties.

NAMI Basics Education Program Hybrid (Inperson and Zoom) Pre-registration is required - please contact Marie Kamali marie.kamali@namicontracosta.org.

NAMI Basics in Spanish (Bases v Fundamentos) begins February/March 2024. Course registration please contact latinx@namicontracosta.org.

NAMI Basics for AAPI language speakers begins March 10, 2024. or future course registration contact Shelly Ji at shelly@namicontracosta.org.

NAMI PEER-TO-PEER RECOVERY EDUCATION PROGRAM



NAMI Peer to Peer is a free, 8-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. This in person group experience provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences.

The next course will be held at the NAMI CC Office beginning May 8, 2024. For information and to pre-register, contact Ashley@namicontracosta.org or go to our website, www.namicontracosta.org, Classes meet once a week for eight weeks. Dates of the next upcoming course include May 8, 15, 22 and 29, and June 5, 12, 19 and 26. Reservations are required to obtain a seat in the class. Facilitators include Carla Pirie at cmays1960@yahoo.com and Havonya Johnson at havonyajohnson@yahoo.com.

SAVE THE DATE! COMMUNITY PARTNERS PICNIC BBQ ON FRIDAY, JUNE 21ST! ALL Peers Welcome



Please Join Us for Our Community Partners Picnic BBQ Friday, June 21, 2024

Pleasant Hill Park
147 Gregory Lane, Pleasant Hill

-BBQ lunch
-Crafts & Community Games
-Photobooth
-Community Resource Tabling (Connections House/Mental Health Connections, Peer Connections, Crestwood Behavioral Health, The Hume Center, Contra Costa Behavioral Health Services, Behavioral Health Court, NAMI Contra Costa, Rainbow Community Center)
-Hope Cup Championship Softball Game

-2:30 pm Raffle: Win @25 Starbucks giftcards

-Ice Cream

MENU

Hamburgers & Hotdogs with Trimmings
Watermelon & Chips
Ice cream & Beverages



BECOME A NAMI CC VOLUNTEER TODAY!



Welcome to NAMI Contra Costa to people interested in volunteering four hours or more a month within the Family Support Network (FSN) on any of our supportive network committees. We would like to extend the invitation to get involved if you want to reach out and inspire hope and help to other families. Your lived experience can make a difference.

After becoming a volunteer, you initially will go through five training modules which will help you learn more about NAMI CC history, the behavioral health system in Contra Costa County, mental health and wellness, psychological disorders and multiculturalism.

Once your application is filled out, we can notify you when the upcoming trainings will start.

Committees available to volunteers in English, Spanish and Mandarin, and include Fundraising, Mental Health Advocacy, Conferences, Front Office and Administration, Database, Family Support, FaithNet, Crash Course Seminar, In Our Own Voice Speakers, Support Group Facilitator, Signature Programs Teacher, Social Media, Hospitality, Membership, and Transitional Age Youth Suicide Prevention.

Call the office at (925) 942-0767 or e-mail info@namicontracosta.org today to find the best fit for you. Our weekly volunteer meeting is bi-weekly on Thursdays at 5:30 p.m.

Join Zoom Meeting:
Meeting ID: 994 1308 8715
Passcode: 424905

NAMI DONATIONS

If you lost a loved one, and would like to direct funds to NAMI Contra Costa, please contact Michelle Wang at michelle.wang@namicontracosta.org

John Lee	Amelia Q. & Peter S. Wilson	Jackie Glass
Mary L. Howard & Bruce Lesser	Joann Saba Jimenez	Karen Webb
Mary M. Schreiber	Carole Sullivan	Kelly Littles
Lynette J. Hart	Sal Crispi	Mark Zuercher
Stephanie Hayes	Karen Bodacoloffi	Janice Khalil
Danielle Davis Bassett	Katrina Bergen	Bob Winn
		Paul Karbowski



Donation QR Code:



Stamp

To:

Brentwood Family Support Group

Time: Last Tuesday, 7:00 p.m.
Contact: Laurel Howard-Fong
E-mail: lphfong19@gmail.com



Follow Us On Social Media!

 Facebook: NAMI Contra Costa

 Instagram: @namicontracosta

 Twitter: @namicontracosta

APPLICATION FOR MEMBERSHIP
NAMI CONTRA COSTA

Make check payable to NAMI Contra Costa
Complete this information and please return to:

Treasurer
NAMI Contra Costa
2151 Salvio Street, Suite V
Concord, CA, 94520

Name _____

Address _____

City _____ Zip _____

Phone _____ Cell _____

Email Address _____

Renewal New Member
 Household \$60 General Membership \$40
 Open Door \$5

DONATION FORM

Amount _____ Mail to:

Treasurer, **NAMI Contra Costa**
2151 Salvio Street, Suite V
Concord, California
94520
Note: Tax ID #68-0209474
(No goods or services have been received from the following donor or donors)

Name _____

Address _____

City _____ Zip _____

Phone _____ Cell _____

Email Address _____

From:

NAMI Contra Costa
2151 Salvio Street, Suite V, Concord, CA, 94520
Phone: (925) 942-0767 Email: info@namicontracosta.org