

January, February and March 2012 NEWSLETTER of NAMI-Alger/Marquette

Our affiliate Website www.namiam.org also links to other NAMI sites.

NAMI (National Alliance on Mental Illness) members share their knowledge and experiences. This is not to be considered the same as professional advice or treatment. Appropriate professionals should be consulted as needed. If you'd like to receive the newsletter by e-mail, let Jeannette know at jkhauver@gmail.com Call Jeannette (226 6808) or Jane (226 8551) with questions. Information is also on our website (above). NAMI.org is national website.

CRISIS

Contact Pathways day or night at 1 906 225 1181 or go to the nearest emergency department.

PLEASE SAVE CALENDAR AS A REFERENCE .

JANUARY-MARCH 2012 CALENDAR

Meetings are usually at the Nonprofit Conference Room, 129 W. Baraga, near Children's Museum, Mqt.

JANUARY 2012

January 9 - Support Group 7-9 pm, Nonprofit Commons Conference Room, 129 W. Baraga, Mqt.

January 19 - tentative Executive Board Meeting, 5:15 pm, Nonprofit Commons Conference Room, 129 W. Baraga, Mqt.

January 30- Educational Meeting 7-9 pm, Nonprofit Commons Conference Room, 129 W. Baraga, Mqt.

Discussion and demonstration of activities which help a person move from a more sedentary to more active lifestyle by Alisha Wasilewski. CD's will be available free so that attendees may continue the activities at home.

January 4 - Pathways Board Meeting, 5 pm at Pathways Conference Room
No Connections Support Group until further notice.

FEBRUARY 2012

February 13 - Support Group 7-9 pm, Nonprofit Commons Conference Room, 129 West Baraga, Mqt

February 16 - tentative Executive Board Meeting - 5:15 pm, Nonprofit Commons Conference Room, 129 W. Baraga, Mqt.

February 15-May 2, Family-to-Family education course (More information inside)

February 27 - Educational Meeting - 7-9 pm, Nonprofit Commons Conference Room, 129 West Baraga, Mqt. Dr. Tyanne Dosh, outpatient psychiatrist at MGH will discuss issues of interest to attendees.

February 1 - Pathways Board Meeting, 5 pm at Pathways Conference Room

MARCH 2012

March 12 - Support Group 7-9 pm, Nonprofit Commons Conference Room, 129 West Baraga

March - 15 - tentative Executive Board Meeting - 5:15 pm, Nonprofit Commons Conference Room, 129 W. Baraga, Mqt.

March 26 - Educational Meeting - 7-9 pm, Nonprofit Commons Conference Room, 129 West Baraga, Mqt. Healthy tasty snacks will be prepared by Abbie Palmer from the Food Co-op who will discuss healthy affordable foods. After that we'll have a Food Co-op tour.

March 7 - Pathways Board Meeting, 5 pm at Pathways Conference Room