

With more than 1,200 affiliates, NAMI is America's largest grassroots mental health organization dedicated to improving the lives of all individuals affected by mental illness.

Inside This Issue

Upcoming Trainings.....	2
Support Group & Classes.....	2
NAMI Vote	2
NAMICON	3
Annual NAMI Party.....	3
Welcome Dr. Edwards.....	4
NAMI Membership.....	4

NAMI Columbus

P.O. Box 8581
Columbus, GA 31908
(706) 320-3755 (leave a message)
Website: namicolumbusga.org
E-mail: info@namicolumbusga.org

Leadership Team:

Stephen Akinduro
Tawana Farley
Molly Jones
Teresa O'Donnell
Shelley Reed, Ph.D
Phil Tirado
Vanessa Vivas
Dr. Dothel Edwards

Advisor: Doris Keene

Newsletter Editor: Tawana Farley

Georgia Crisis & Access Line

Single Point of Entry to access mental health,
addictive disease and crisis services 24/7/365
Adults, Children & Adolescents
1-800-715-4225

Peer Support "Warm Line"

1-888-945-1414 (toll-free)

The Georgia Mental Health Consumer Network operates a state-funded, consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day

Columbus ACT Team

AmericanWork, Inc.
706-641-9663

Congrats NAMI Columbus!

Awarded the Carolyn G. Randolph Presidential Award

The Rosa Parks Women of Courage Breakfast is a local annual event from SISTERS, INC. that provides academic scholarships to local students. This year their theme was focused around Mental Health and honoring organizations and individuals that help push awareness and change in this field.

Our President, **Dr. Shelley Reed** was honored for the **Rosa Parks Women of Courage Award** for Women in Mental Health Awareness!

NAMI Columbus was awarded **The Carolyn G. Randolph Presidential Award** for our years of service in the mental health community!



The trophy/award received states: S.I.S.T.E.R.S., Incorporated 2022 Rosa Parks Women of Courage President's Award National Alliance on Mental Illness.

We are extremely proud and honored to be recognized for this prestigious award. Thank you to all of our NAMI Columbus Board, members, facilitators, teachers, and volunteers that continue to help us thrive and provide the support needed within our community!

The event will be held on March 26th, 2022 starting at 10am virtually. You can view the event here: <https://www.facebook.com/GammaTauOmega/>

Here is the website for additional information on both of these accomplishments. <https://www.sistersincfoundation.org/case-studies>

Upcoming Trainings/Classes

March 2022

March 25-27 NAMI Georgia SMARTS Teacher Training

Location: Virtual

Time: 9am-5pm

For more Info: Contact programs@namiga.org

April 2022

April 9 NAMI In Our Own Voice Teacher Training

[IOOV Application](#)

April 23-24 NAMI Family-to-Family Teacher Training

[NAMI F2F Application](#)

Trainings are delivered online through the Zoom platform

Please note that all applicants must meet the following requirements:

1. Applicants must be current NAMI members.
2. Applicants must be actively involved in their local NAMI Georgia affiliate.
3. Applicants must be endorsed and approved by a NAMI Georgia Affiliate Board leader. A letter of recommendation from a NAMI affiliate leader must accompany your application.



NAMI Connections Support Group

Meets on Saturdays at 1pm.

Contact **Vanessa Vivas** at Vanessa.m.vivas@gmail.com for the Zoom Link

NAMI Columbus Family Support Group

Meets on Mondays 6:00 PM to 7:30 PM via Zoom.

Contact **Tawana Farley** at farleytawana@yahoo.com for the Zoom Link

NAMI In-Person Vote

With Covid numbers steadily decreasing in our area, it is time to consider moving our support groups back to in-person meetings. Please fill out our vote form below on whether or not you will attend in-person meetings at this time. We value your opinions and concerns, and will take them all into consideration as we move forward.

Click Here to Vote: <https://forms.gle/vH6zyHhaEmP6WTW27>

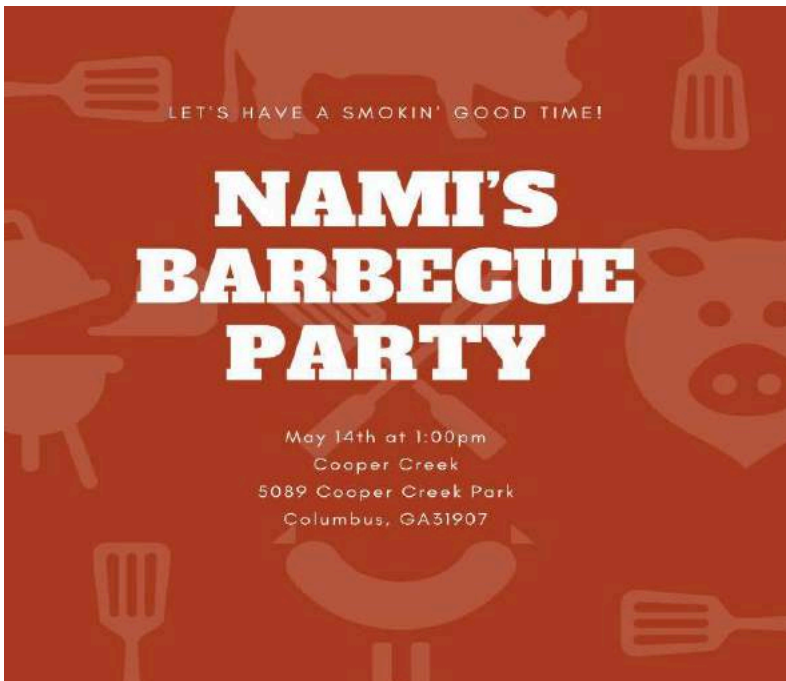
SAVE THE DATE



As one of the largest community gatherings of mental health advocates in the U.S., NAMICon provides an incredible opportunity to bring awareness, resources and solutions to a wider audience of people affected by mental health conditions — both nationally and globally.

The pandemic and global events of the past two years have had a profound effect on everyone's mental health — individuals, youth, families, communities of color and frontline professionals. It's more important than ever for us to join Together for Mental Health, a timely and appropriate theme for our 2022 convention.

[Register Here](#)



Gather with family and friends as we host our Annual NAMI Columbus Gathering! The gathering will take place in May, during Mental Health Awareness Month to show our appreciation to our NAMI members!

Clearview Barbecue will be catering this event, but you are welcome to bring your own food or to offer any suggestions. Join us for games, giveaways, and fellowship as we connect and have a good time with friends!

Please RSVP through our Facebook Group so that we will have enough food and drinks for all attendees. Let's have a smokin' good time!

Note: The Facebook Group (**NAMI Columbus**) is Private. You will not be able to see event details unless you join the group.

For any questions regarding this event, please email Vanessa Vivas at vanessa.m.vivas@gmail.com.

[RSVP Here](#)



@Hfg'Welcome'Ci f'New Board Member!

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NAMI = Needs Active Members ImmEDIATEly!

Creating new words and phrases for familiar acronyms is always interesting. The one above certainly could be applied to our organization, couldn't it? We need new members and returning members and would love for you to join now.

Many of our former members have let their membership lapse without even knowing it. There are two ways to join. You can complete and send the form on the last page of our **NAMI-Columbus** newsletter that you receive via email each month along with your membership payment OR you can join on-line at www.nami.org/join. Your active membership helps us work continuously towards our overall mission of support, education, advocacy, and recovery.

When was the last time you attended a consumer or family support group? We need your presence as well as your input. Group wisdom flourishes even more as the size of the group grows. We need each other's valuable experience to help us on our own paths to healing and recovery. One of NAMI's basic principles is that we find strength in sharing experiences. Come and share yours!

If you are wondering if there are other ways to help NAMI, yes, there are. Check out our website **www.NamiColumbusga.org** or call us at **706-320-3755** and leave your name and number. We will be happy to discuss volunteer options, support group meetings, training classes, and more.

By working together to help others who are hurting, we can make a difference and help end the stigma of mental illness once and for all! NAMI needs active members now and that includes you! We hope to see you soon as we work together to eradicate stigma and guide each other towards health and healing.



Columbus

P.O. Box 8581

Columbus, GA 31908

(706) 320-3755

Our Area's Voice on Mental Illness



Many people find their way to our classes by first attending a support group. If you are a NAMI Columbus "long timer" (we don't want to call you old), please attend either of the two weekly NAMI Connection support groups or the weekly Family support group. Newcomers can use your wisdom and hard-earned experience. Sharing a message of recovery gives the hope they are searching for. Many people tell us that the NAMI motto "**You Are Not Alone**" is the initial feeling they realize at their first meeting. If you are willing to train to be a support group facilitator, let us know!

I want to support NAMI Columbus and NAMI's mission.

✂ Please Cut and Mail ✂

Name _____

Address _____

City _____

State _____

Zip _____

Phone Numbers (do not enter a number if you do not want to be listed in the Membership Directory (members only).

E-Mail (Please include so we can be green and email you our monthly newsletter.)

Please check type of membership desired:

- ☐ Individual Membership - \$40 Dues
☐ Household Membership - \$60 Dues
☒ **\$5 Open Door Membership (financial hardship)**
(All dues are for 1 year and are tax-deductible.)

All memberships include NAMI National, NAMI Georgia, and NAMI Columbus membership.

- ☐ I am not joining at this time, but I would like to make a contribution of \$ _____. (Thank you!!!)

NAMI National, NAMI Georgia and NAMI Columbus are dedicated to eradicating stigma and improving the lives of persons with mental illnesses thereby also benefiting their friends, family and community. Catch the wave and be a part of change.

NAMI Columbus is an affiliate of NAMI Georgia, which is a 501(c)3 non-profit charitable organization. Dues and donations are tax deductible. Membership includes a subscription to our monthly newsletter and access to immediate news on advocacy, treatment and support issues from our national, state and local organizations.

Please make checks payable to:

NAMI Georgia & enter "**NAMI Columbus membership**" in the memo field.

Mail your check and membership form to:

NAMI Columbus

P.O. Box 8581

Columbus, Georgia 31908

You can also join safely online at www.nami.org/join.