



# Columbus

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.

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## NAMI Columbus

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

## NAMI Columbus

*Join Us At Recovery In The Park!*

Our friends over at New Horizons will be hosting their Annual Recovery In The Park on September 10th at Lakebottom Park!

NAMI Columbus will have a table set up with resources to share with the community. We invite you all to come out to fellowship and also learn about the various programs available in the area that assist with recovery.



**Recovery in the Park**  
September 10, 2022

Join us for a morning of fun-filled activities. Lakebottom Park Bandshell Columbus

First 100 Participants receive FREE T-shirt.



**RECOVERY MONTH**  
Every Person. Every Family. Every Community.

COVID Protocols for Outside Gatherings will be enforced.

Masks, Social Distancing and Frequent Hand Sanitizing are encouraged.

Registration Table Opens at 10 AM  
Speakers, Music, Door Prizes, Snacks & Bottled Water from 11 - Noon  
Free Parking in Around Lakebottom Park.

**THANK YOU TO OUR SPONSORS & VOLUNTEERS!**




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Donations benefit Recovery Programs at New Horizons Behavioral Health.  
Building Better Lives through Recovery and Resiliency.  
Visit [www.nhbh.org](http://www.nhbh.org)

Celebrating  
Recovery Month  
September 2022



Prevention Works.  
Treatment is Effective.  
People Recover.

# Upcoming Trainings/Classes

September/October 2022

## September 8th Ending The Silence Presentation

For more Info: Contact [programs@namiga.org](mailto:programs@namiga.org)

To Register: Visit <https://tinyurl.com/ets0908>

## September 10th In Our Own Voice Presenter Training

For more Info: Contact [programs@namiga.org](mailto:programs@namiga.org)

## September 11th- October 30th NAMI Peer-to-Peer (Rome, GA)

For more Info: Contact [namirome@gmail.com](mailto:namirome@gmail.com)

## September 12th-October 17th NAMI Homefront (Zoom)

Pre-registration Requires: Visit [www.namidekalb.org](http://www.namidekalb.org)

### 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

### Mondays

#### *In-Person Meetings*

Time: 6:00pm-7:30pm

Location: Lutheran Church of the Redeemer,  
4700 Armour Road, Columbus, GA 31904



### Saturday

#### Zoom Meetings

Time: 1:00pm-2:30pm

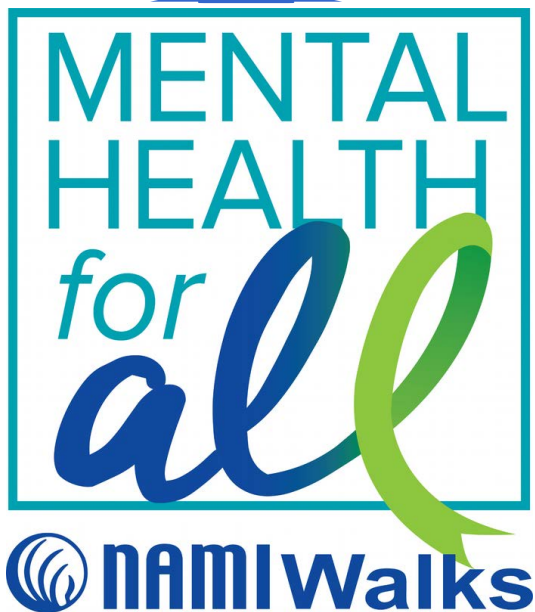
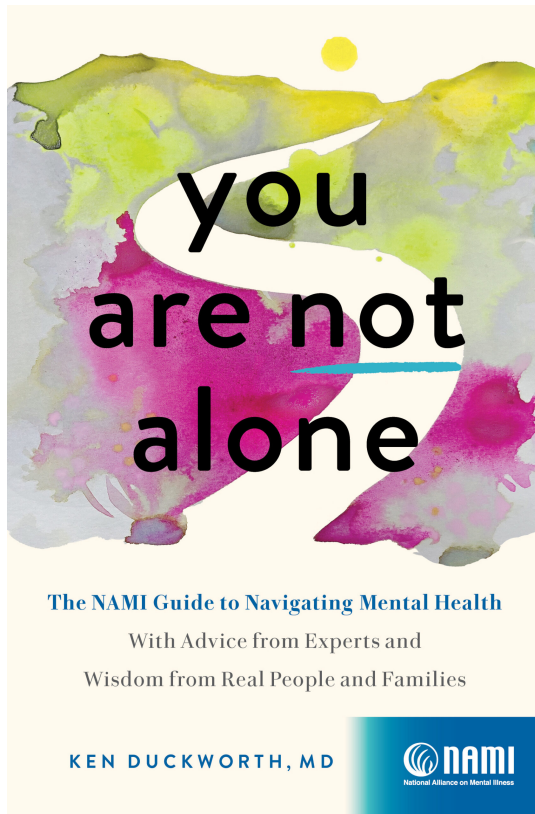
Request Link to Join

Contact **Vanessa Vivas** at [Vanessa.m.vivas@gmail.com](mailto:Vanessa.m.vivas@gmail.com) for more info

## NAMI Columbus Family Support Group

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

Contact **Tawana Farley** at [farleytawana@yahoo.com](mailto:farleytawana@yahoo.com) for the Zoom Link



## NAMI's First Book!

NAMI's first ever book releasing this fall, "You Are Not Alone: The NAMI Guide to Navigating Mental Health," is now available to preorder! Written by NAMI Chief Medical Officer Dr. Ken Duckworth with authority and compassion, the book is the essential resource for individuals and families seeking expert guidance on diagnosis, treatment and recovery.

Featuring inspiring, true stories from real people in their own words, Dr. Duckworth interviewed 130 individuals who have been affected by mental illness, both individuals with mental illness and caregivers to share their wisdom and perspectives.

"What makes this book different — the secret sauce — is the ability to learn from more than 100 people who have walked this arduous path toward recovery exactly what helped them and what they believe can help others," Duckworth said.

The book covers topics such as how to get help, pathways to recovery, the intersection of culture and mental health, and many more important topics to guide any person's mental health journey.

All proceeds from the book benefit NAMI and its mission.

## Join Our NAMIWalk's Team!

NamiWalks is back at the Georgia Capitol this year on October 15th, 2022. Support our NAMI Columbus team by registering as a team member or by donating to help us reach our goal!

For more info on NAMIWalks, visit

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=1270>

To Join our Team at NAMI Columbus, visit

<https://www.namiwalks.org/index.cfm?fuseaction=donordrive.team&teamID=53069>



## Columbus

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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](http://www.nami.org/join).