



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
 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

NAMI Columbus

Thank You For Your Service

We would like to take this time and thank all of our Veterans that are part of our NAMI Columbus community. Thank you for your service and sacrifice for this country!



West Central Georgia Christmas Parade!

Join us on December 6th for the Annual West Central Georgia Christmas Parade! 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.



Upcoming Trainings/Classes

November/December 2022

November 05th-06th Peer to Peer Class

For more Info: Contact programs@namiga.org
Call: (770) 408-0625

November 11th NAMI SMARTS for Advocacy

For more Info: Contact specialprograms@namiga.org

November 12th- In Our Own Voice Train the Teacher

For more Info: Contact familyprograms@namiga.org

November 13th- Ending the Silence Train the Teacher

For more info: Contact specialprograms@namiga.org

December 10th- F2F Train the Teacher

For more info: Contact familyprograms@namiga.org

December 17th-Programs Compliance & Fidelity Training

For more info: Contact programs@namiga.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 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 for the Zoom Link



Pictured: L- Phil Tirado, R-Stephen Akinduro

In The Community

NAMI Columbus Board Members participated in the Valley Healthcare/AKA Community Health Fair in South Columbus on Saturday, September 24th from 10 to 2 pm. Stephen Akinduro and Phil Tirado spoke to the community and passed out resources about NAMI and the numerous things we offer. The event was put together by Carolyn Hughley, State Representative.

We are always looking for opportunities to share resources and give back to our community. If you have any upcoming events that NAMI would be a great fit for, please contact us at (706) 320-3755.



NAMI Christmas Party!

Save the Date for our upcoming Christmas Party on December 11th. This party is for both Connections and Family Support Group to come together and celebrate this year! Family and friends are welcome to attend.

More details on the time and location will be sent soon! To make sure we have enough food, please RSVP here if you are planning to attend.

<https://forms.gle/k3fkzpqUrYrdKHCCA>



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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 .