

## MEMBERSHIP APPLICATION

Join NAMI Antelope Valley, I want to join my voice with NAMI by becoming a member! When you join now, you become a member of your local NAMI Affiliate, your NAMI State Organization and the national NAMI organization.

Title: \_\_\_ Mr. \_\_\_ Mrs. \_\_\_ Ms. \_\_\_ Dr.

\_\_\_\_\_  
Primary Member First Name:

\_\_\_\_\_  
Primary Member Last Name:

\_\_\_\_\_  
Address:

\_\_\_\_\_  
City, State, Zip:

\_\_\_\_\_  
Phone:

\_\_\_\_\_  
Email:

\_\_\_\_\_  
Membership Dues

\_\_\_ \$5 Open Door (for low income)

\_\_\_ \$40 Individual

\_\_\_ \$60 Household (for individuals at same address) Names of individuals covered under Household membership:

YOU MAY ALSO APPLY ONLINE AT [WWW.NAMI.ORG](http://WWW.NAMI.ORG)

## Most Popular Programs offered

**Family-to-Family** - Taught by trained volunteers, this is an intensive 12-week program for families to provide them with knowledge and teach them the required skills to cope with loved ones who have been diagnosed with a mental illness, facilitate the treatment process, and contribute to their return to health.

**NAMI Family Support Group** - NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. The hallmark of the NAMI support group is leveraging the collective knowledge and experience of the other participants. The support group can offer you practical advice on addressing issues related to mental illness and your loved one.

**Peer to Peer** - a 10-week course on recovery for any person living with a mental illness who is interested in establishing and maintaining wellness. The course is taught by trained "mentors", or peer-teachers, who are themselves experienced at living well with mental illness.

**NAMI Connection Recovery Support Group** - a recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

**NAMI Basics** - is the signature education program for parents and caregivers of children and adolescents living with mental illnesses. The 6-week 1 day-a-week course is taught by trained teachers who are the parents or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13.

**In Our Own Voice** - Interactive presentations by individuals in recovery that are designed to raise awareness and reduce stigma by providing an honest dialog on issues related to recovery from a severe mental health diagnosis.

## What is a NAMI-AV Member?

A member (1) is a person living with a mental illness or (2) a relative or friend of a person living with a mental illness; (3) accepts the mission of NAMI and (4) pays all required dues to NAMI Antelope Valley, NAMI California and NAMI (national).



**NAMI** Antelope Valley

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661-341-8041

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Web: <http://www.namiantelopevalley.com>



Do You Know Someone  
Living With A Mental  
Illness?

¿Conoce usted a alguien  
que vive con una  
enfermedad mental?

**The National Alliance on  
Mental Illness  
Antelope Valley, CA**

*The Antelope Valley's Voice on  
Mental Illness*

*Serving the Antelope Valley and  
Surrounding Communities since 1989*

661-341-8041

Antelope Valley (NAMI-AV) was organized in 1989 for the purpose of sharing experiences with others in the ongoing quest for understanding and trust-building among family members.

The goals of the group are to offer education, coping skills, encouragement, support, compassion and hope for those living with mental illness, their spouses, siblings, family members and friends. It is important to know that you are not alone.

Through compassionate caring and sharing, NAMI-AV provides emotional and moral support in times of crises and during the healing stages, facilitating feelings of confidence, growth and inner peace for family members.

Our *NAMI News Night* offer an open forum for members and non-members; general topics, professional speakers, education, information about our affiliate and NAMI in general, and much more.

As an affiliate of both the National Alliance on Mental Illness (NAMI) and National Alliance on Mental Illness California, NAMI-AV works toward developing greater community resources and services to maximize the potential for wellness, self-sufficiency, and the protection of those living with mental illness.

661-341-8041

## Services

*NAMI Family Support Group* meetings are for families and friends of those living with mental illnesses such as depression, bipolar disorder and schizophrenia. The group offers an opportunity to talk with others to share coping strategies and insights, as well as problems and concerns. The group provides a place that offers respect, understanding, encouragement, and hope.

The *NAMI Connection Recovery Support Group* is a recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

Both group meetings are held on the 2nd and 4th Mondays of each month (except on or near major holidays) from 7:00 PM to 8:30 PM. See the insert for the current meeting location.

NAMI-AV also offers various classes, some are described on the reverse side of this brochure.

Family and friends are welcome to attend the meetings and classes and become involved in learning about, dealing with and supporting those living with mental illness and the issues that concern them. All meetings and classes are free of charge.

For class schedules and locations, contact NAMI Antelope Valley at:

661-341-8041

NAMI Antelope Valley is a non-profit 501(c)(3) organization. Contributions are tax deductible to the extent allowable by law.

## Servicios

Las *Reuniones Apoyo para la Familia de NAMI-AV* (NAMI-AV Family Support Meetings) son para familiares y amistades de personas que padecen de enfermedades mentales como la depresión, trastorno bipolar y esquizofrenia. El grupo ofrece un lugar seguro y confidencial donde puedan compartir sus historias, discutir los diversos problemas y preocupaciones que resultan al vivir o conocer a personas con dolencias mentales e intercambiar estrategias e ideas como para lidiar con las diversas situaciones que surgen al tener un ser querido luchando con la enfermedad mental.

El *Grupo de Recuperación Conexiones de NAMI*, (*NAMI Connection Recovery Support Group*) es un grupo que provee reuniones para personas que padecen de enfermedades mentales y que están en el proceso de recuperación. Conexiones provee un formato donde puedan compartir sus experiencias, aprender los unos de los otros y discutir diversas estrategias e ideas para sobrellevar a la crisis, como también recibir amparo, aliento y esperanza al conectar con otras personas que viven vidas muy similares – sobreviviendo la enfermedad mental.

Ambas reuniones se llevan a cabo el segundo y el cuarto lunes de cada mes, (excepto en o cerca de días festivos importantes) desde las 7 pm hasta las 8:30 pm. Ve el encarte del folleto para la localidad mas corriente.

NAMI-AV tambien ofrece periódicamente varias clases descritas al revés de este folleto.

Familiares y amistades siempre son bienvenidos a las reuniones y las clases y les animamos a que se envuelven para aprender más acerca de las dolencias mentales y como apoyar y vivir con aquellas personas afectadas por tales. Todas las reuniones y clases son completamente libres de costo.

Para calendarios de nuestros programas y localidades favor de contactar a NAMI Antelope Valley en: **661-341-8041**

## Who Are We?

The National Alliance on Mental Illness of

NAMI Antelope Valley es una sin fines de lucro 501(c)(3) organización. Las contribuciones son deducibles en la medida permitida por la ley.