CONTINUING TO PROVIDE FOR THOSE AFFECTED BY MENTAL ILLNESS

As the COVID-19 pandemic unfolds, NAMI Greater Cleveland, like the rest of the world, continues to respond to today’s unusual circumstances. We continue to provide those affected by mental illness with education, support, referrals and advocacy. Since March we added live chat as an option to our Helpline; launched 14 virtual support group opportunities; brought our education classes online; made virtual presentations to group homes, conducted Speaker’s Bureau presentations, staff presentations, community education events, and five Hispanic outreach programs via teleconferencing.

Our latest program to transition to the virtual realm is NAMIWalks 2020, our largest fundraiser and Cleveland’s biggest mental health event. We are transitioning to NAMIWalks Your Way on Saturday, October 10. Our fundraising goal of $165,000 remains the same. With NAMIWalks Your Way, you can participate in the activity of your choosing at the time of your choosing. For instance, you can walk at 9 am, hike at 11 am, bake at 1 or participate in a yoga class at 3. With your participation, we have the opportunity to create an incredible day, raising awareness of mental health, and money for NAMI Greater Cleveland. Instead of creating one large stigma-free zone at Edgewater Park for a few hours, we have the potential to create thousands of smaller stigma-free zones throughout Cuyahoga County. But we can only do this with your help: register, donate, participate!

You can help make NAMIWalks Your Way a great success. For more information turn to page 3, go to www.namiwalks.org/greatercleveland or contact Lisa at ldellafiora@namicleveland.org or 216-875-0226.

Throughout Governor Dewine’s shelter in place order, NAMI Greater Cleveland staff members continue to collaborate with one another and other community organizations to better serve the community. For instance, NAMI Greater Cleveland is initiating a brand-new program in conjunction with our Helpline called the Caring Companion Calls program for adult peers, their family, friends, and supportive mentors! The Caring Companions Calls program will offer a connection to free, one-on-one emotional support from one family member/peer to another by telephone. We will roll out this program later this month. Look for more information on our website, and on our social media platforms.

In addition, NAMI Greater Cleveland and the LGBTQ Center of Cleveland are partnering to offer two new virtual support groups! The first group is for LGBTQ seniors and meets weekly from 10:30-11:30 AM on Tuesdays. A general mental health support group meets weekly from 6-7 PM on Thursdays. These groups are available to anyone living with a mental health condition who wishes to come together to share coping strategies, and provide others with encouragement, comfort, advice and a sense of community.

For more information about NAMI Greater Cleveland’s new initiatives, go to our website www.namigreatercleveland.org or call our Helpline at 216-875-7776. To learn more about our virtual support groups, turn to page 2.

Views expressed in this newsletter are those of the writers and not necessarily those of our officers, staff or funding sources.
NAMI Greater Cleveland’s Family-to-Family course is online! This is a free evidence-based, 8-session educational program for family, significant others and friends of people with mental health conditions. Taught by NAMI-trained family members who have been there, this class includes presentations, discussions and interactive exercises. The class will be held on Mondays from 6:30-9pm starting September 14th and concluding on November 2nd. To register, go to our website at namigreatercleveland.org and look for Upcoming Events, or call our Helpline at 216-875-7776.

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<tr>
<th>PEER SUPPORT GROUPS</th>
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<th>THURSDAY</th>
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<tr>
<td>Hope to Gain</td>
<td>6:30 - 8 pm</td>
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<td>3 - 4:30 pm</td>
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<tr>
<td>Sharing Hope for Personal Power</td>
<td>2:30 - 4 pm</td>
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<td>Adventures with Art Journaling</td>
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<td>6 - 7 pm</td>
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<td>LGBT SAGE</td>
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<td>Caring Journey</td>
<td>6:30 - 8 pm</td>
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<td>2nd &amp; 4th Tues.</td>
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<td>6:30 - 8 pm</td>
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<td>Listening, Loving, Laughter</td>
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<td>10 - 11:30 am</td>
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<td>Affinity for Strength</td>
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<td>Stronger Together</td>
<td>6:30 - 8 pm</td>
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<td>1st Tues.</td>
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<td>Living Hope</td>
<td>6:30 - 8 pm</td>
<td>7 - 8:30 pm</td>
<td>3rd Sat.</td>
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<tr>
<td>Encouraging Family and Peers</td>
<td>6:30 - 8 pm</td>
<td>7 - 8:30 pm</td>
<td>1st &amp; 3rd Thurs.</td>
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</table>

Looking for support, referrals or information? Call our Helpline at 216-875-7776 or access our Live Chat option via our website: namigreatercleveland.org and click on the speech bubble.

Donations

NAMI Greater Cleveland is pleased to acknowledge the generosity of the individuals, corporations, foundations, and organizations listed below. Their gifts allow peers and family members alike to take the next step on their mental health journeys.

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Raafat Abou-Ikdeh
Patricia Alisauskas
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Sharon & Leon Zaczek
How it works:
With NAMIWalks Your Way, you raise awareness and funds for NAMI Greater Cleveland by participating in the activity of choosing at the time of your choosing. For example, you can walk at 9 am, hike at 11 am, bake at 1 pm or craft at 3 pm. With your participation, we have the opportunity to create an incredible day, and build thousands of stigma free zones throughout Cuyahoga County. But we can only do this with your help.

Get started:
www.namiwalks/greatercleveland.org

Raise $100 by Monday, Oct. 12 and earn this t-shirt. With every day that you wear it, you promote mental health and eliminate stigma.

Raise $1000 or more by Saturday, October 10 and receive the Walk Star lapel pin.

Why:
With the dawn of COVID-19, more and more people are talking about mental health. Help us seize this opportunity to further the discussion on about mental health, eliminate stigma, and raise money for NAIM Greater Cleveland.

For more information: Contact Lisa at 216-875-0226 or ldellafiora@namicleveland.org

In Memory of Nick Amster
Christopher Buchanan
Cameron Maneese
Linda Houston

In Memory of Lyn Detwiller
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Dana Roman

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Cheryl Scharf
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