

# APRIL NEWSLETTER

## NAMIWalks 2025



### Have you signed-up to join the movement?

Every dollar that you raise helps NAMI increase awareness about mental health and reduce stigma, supports our free, top-rated mental health programs, and builds community to let people know there is hope, and they are not alone.

**Sign-up today!** Join as a Team Captain, Team Member or Individual Participant. Raise at least \$100 and receive this year's NAMIWalks T-shirt on walk day!

**Saturday, May 17, 2025**

**Little Mariana Green - Crissy Field  
San Francisco, CA**

Thank you for your support of NAMIWalks San Francisco. See you there!

**Questions?** Please contact [erin@namisf.org](mailto:erin@namisf.org) to learn more.

**REGISTER NOW**

**Looking to Volunteer? We Need You!**

NAMIWalks San Francisco is growing. If you are interested in joining the Leadership Committee, connecting us to new sponsors, or volunteering for walk day, please fill out a [Volunteer Application](#) to get started.



**Get ready for the NAMIWalk Raffle!**

Don't miss the chance to win a fun raffle prize at the NAMIWalk! Here are some of the options that you won't want to pass up:

- Two tickets to any home SF Giants baseball game (\$300 value)
- A 3 class package for Roar Fitness, women-led fitness studio in SF dedicated to uplifting women through strength training and community (\$114 value)
- Four tickets to SF's DeYoung/Legion of Honor Museums. The DeYoung is home to American art from the 17th century through today, textile arts and costumes, African art, Oceanic art, arts of the Americas, and international contemporary art. The Legion of Honor showcases European painting, sculpture, and decorative arts, ancient art, graphic arts, and contemporary art. (\$80 value)

**CLASSES**



Family-to-Family is a free, 8-week course for families, partners and friends of individuals living with a mental health condition.

The course dwells on the emotional responses families have to the trauma of mental illness; many family members describe their experience in the program as life-changing. NAMI Family-to-Family is a designated evidence-based program and over 300,000 people across the country have graduated from this course.

**Upcoming classes:**

In Person - Wednesday night from 6pm - 8:3pm  
April 9 – June 11 (Possibly no class May 7)

The Office of Full Picture Justice: 3030b 16th St, San Francisco, CA 94103  
Near 16th St. Bart.  
Street parking & 16th & Hoff Garage  
The building is not ADA Accessible; 2 flights of stairs are required.

Register for waitlist on website and be sure to schedule an intake call!

**REGISTER FOR WAITLIST**



## CANTONESE FAMILY TO FAMILY

现在正在报名注册下一次免费广东话的家庭互助课程

线上上课时间：6/7/25 - 8/9/25

逢星期六 1: 00PM- 3: 30PM

沒有課在: 6/28, 7/26

NAMI家庭互助課程是一門為期 8 周的免費課程，面向患有心理健康問題的個人的家人、最親近的人和朋友。

由曾參加過 NAMI 培訓的家庭成員授課，包括講座、討論和互動練習。研究表明，該被指定為基於證據的課程可顯著提高與精神健康問題患者最親近的人的應對和解決問題的能力。課程主題包括：了解心理健康狀況並為危機做好準備、進行心理健康診斷、心理健康狀況概述、治療選擇、溝通技巧和解決問題、同理心和康復、繼續前進

[REGISTER TO ATTEND](#)



## La clase de Familia a Familia

Nueva clase de NAMI Familia a Familia en Español. Regístrate ya para este curso gratuito de 8 semanas. Eres el familiar o cuidador de una persona con

una condición de salud mental? Este curso gratuito es para ti! Comenzamos el Viernes 25 de Abril de 10am-12pm, por 8 viernes consecutivos, vía zoom.

New NAMI Family to Family class in Spanish. Register now for this free 8-week course. Are you a family member or caregiver of someone with a mental health condition? This free course is for you! We begin Friday, April 25th from 10am-12pm, for 8 consecutive Fridays, via Zoom.

[Regístrate a través del siguiente link](#)



Nuevo curso de NAMI Persona a Persona en Español. Regístrate ya para este curso gratuito de 8 semanas. Has sido diagnosticado con alguna condición de salud mental o estas pasando por síntomas o retos de salud mental? Este curso gratuito es para ti! Comenzamos el Viernes 25 de Abril de 7pm-9pm, por 8 viernes consecutivos, vía zoom.

New NAMI Peer to Peer course in Spanish. Register now for this free 8-week course. Have you been diagnosed with a mental health condition or are experiencing mental health symptoms or challenges? This free course is for you! We begin Friday, April 25th from 7-9 pm, for 8 consecutive Fridays, via Zoom.

[Regístrate a través del siguiente link](#)



# GRUPO DE APOYO DE NAMI CONEXIÓN Y RECUPERACIÓN EN ESPAÑOL

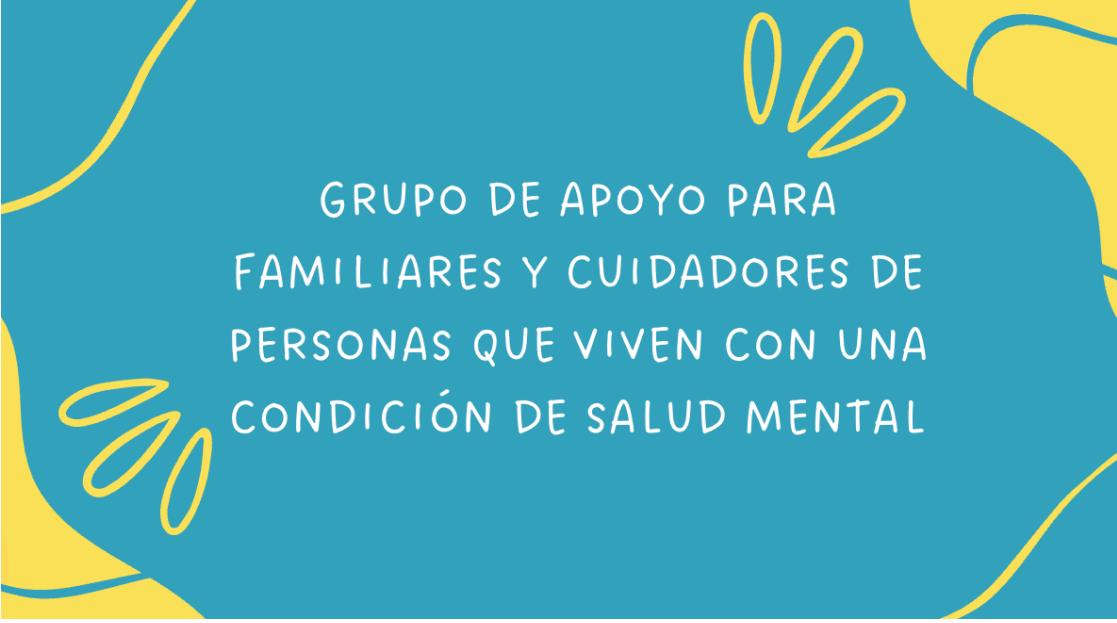
Nuevo Grupo de Apoyo de NAMI Conexión y Recuperación en Español

Si has sido diagnosticado con alguna condición de salud mental o estas pasando por síntomas o retos de salud mental, este Grupo de Apoyo es para ti! Un grupo seguro y confidencial donde podrás compartir tu experiencia con la salud mental y escuchar a otros. Cada miércoles 7:00pm-8:30pm vía zoom. Comenzamos el 23 de abril!

New NAMI Conexion Support Group in Spanish

If you've been diagnosed with a mental health condition or are experiencing mental health symptoms or challenges, this Support Group is for you! A safe and confidential group where you can share your mental health journey and listen to others. Every Wednesday from 7:00 p.m. to 8:30 p.m. via Zoom. Starting April 23rd!

[Regístrate a través del siguiente link](#)



GRUPO DE APOYO PARA  
FAMILIARES Y CUIDADORES DE  
PERSONAS QUE VIVEN CON UNA  
CONDICIÓN DE SALUD MENTAL

Grupo de Apoyo para familiares y cuidadores de personas que viven con una condición de salud mental, en Español

Si eres el familiar o cuidador de una persona con alguna condición de salud mental o que está pasando por síntomas o retos de salud mental, este Grupo de Apoyo es para ti! Un grupo seguro y confidencial donde podrás compartir y escuchar a otros. Cada lunes 7:00pm-8:30pm vía zoom.

Support group for family members and caregivers of people living with a mental health condition, in Spanish

If you are a family member or caregiver of someone with a mental health condition or who is experiencing mental health symptoms or challenges, this Support Group is for you! A safe and confidential group where you can share and listen to others. Every Monday, 7:00–8:30 p.m. via Zoom.

**Regístrate a través del siguiente link**



## BLACK + AFRICAN-AMERICAN ALL-MEN SUPPORT GROUP

This support group is a safe, confidential space where Black and African-American men can share experiences and emotions and feel less alone, for others may have gone through similar situations. Led by NAMI-trained volunteers with extensive personal experience coping with mental health challenges, this support group breaks down stigma. It fosters a judgment-free zone where we can listen and be heard.

Join us on the second Wednesday of each month! This month, we will meet on Wednesday, April 9, from 6 to 7:30 p.m.

[REGISTER](#)

## UPCOMING EVENTS

### **Parenting Workshop: Supporting Spirited Kids NAMI SF x The Village Well**



Tuesday, April 22nd

6 PM

Online - Zoom

Join us for a virtual workshop by Ed Center, the **Village Well** Founder, and Parenting Coach. "Supporting Spirited Kids (including ADHD, Behavioral Challenges, and Special Needs)": You may encounter a subset of children who demand a significant amount of your time and energy. These children often experience intense emotions that manifest in impulsive and challenging behaviors. Traditional methods of connection, setting boundaries, and behavior support may not be as effective with them. Additionally, some of these children may have ADHD or past trauma. In this workshop, you'll gain valuable insights on how to effectively support these Spirited Children in a manner that meets their unique needs.

**REGISTER TO ATTEND**

COMING SOON: A virtual presentation by Cottrell Smith from Charles Schwab on creating a Special Needs Trust. We will share more details in the May newsletter!



On Saturday, April 12, and Saturday, April 19, 9:30-5:30 pm we have an online support group facilitator training! If any of you are available/ interested, we'd love to have you. The training will teach you the necessary skills to facilitate support groups and is a great step toward starting on-site support groups. If you are interested, you can view the description linked [here](#).

**APPLY**

**RECURRING EVENTS**

# VOLUNTEER OPEN HOUSE

First Thursday | 6pm on Zoom *Monthly!*

Third Wednesday | 12 pm on Zoom

Meet staff and learn about ways to get involved!



Thursday, April 3rd @ 6:00 - 7:00p

Wednesday, April 16th @ 12:00 - 1:00pm

Want to learn about ways to get involved and give back? Check out the Open House! Volunteers are at the heart of the NAMI SF mission and there are tons of ways to get involved. The Open House is a great space to meet staff and explore available positions. Monthly on the first Thursday (evening) and third Wednesday (noon).

[REGISTER TO ATTEND](#)



**Sunday, April 20 | 10:00am**

NAMI SF is hosting free monthly art classes! Creating art can help with focus, reduce stress and anxiety, and boost creativity and expression. Bring your preferred art material (pencil, pen, crayons, watercolor, etc.) and papers to this virtual class, and start drawing. Anyone is welcome, and no previous drawing experience is required.

## COMMUNITY RECRUITMENTS



Doctors at UCSF want to improve adolescent depression treatment in pediatric primary care. They want you and your parents/caregivers to share your thoughts on plans for a new research project.

They are recruiting: 1) youth (age 21 and under) who have experienced depression during their teens (age 12-17) and 2) their parents/caregivers. We are holding a 90-minute focus group online (via Zoom).

Participants will be split into a breakout group for youth and one for parents/caregivers when we ask you for your thoughts.

Participants will be polled to find a time convenient for most people (after school or work).

Participants will receive a \$50 Amazon gift card for participating.

There may be future opportunities to provide similar paid feedback.

Please email [chuanmei.lee@ucsf.edu](mailto:chuanmei.lee@ucsf.edu) if interested!



Do you know of a high school teen who is savvy with technology? My Digital TAT2, a nonprofit based in California, helps young people navigate online complexities and think critically about the benefits and drawbacks of their digital interactions. They are currently recruiting high school students for their virtual summer internship - for more details, see the attached flyer.

[APPLY](#)

## OTHER WAYS TO GIVE

### Support local business that SUPPORT NAMI SF!

**COMMUNITY THRIFT STORE** accepts donations on behalf of our charity partners, sell the items in our store, and then disburse the proceeds. When donating with us you can select which charity should benefit from the sale of your items.

**SPORTS BASEMENT** is a sporting goods retailer and community center in San Francisco, that sells and rents outdoor gear and equipment. Sports Basement has multiple locations in the San Francisco Bay Area, including the Presidio and Stonestown Galleria. Sign up to become a Basmenteer and enjoy 10% off, then choose NAMI SF as your charity and 10% of profits from that purchase will go to support our mission.

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