



“If you want to go fast, go alone. If you want to go far, go together.”

NAMI CEO Daniel H. Gillison, Jr. recently quoted this proverb to underscore the power of community and connectedness. That spirit is core to our work at NAMI San Francisco.

We believe everyone should have access to quality mental health care—early in the course of a condition, with dignity, and regardless of income.

At NAMI SF, we collaborate closely with our participants and community partners to ensure our programs meet the diverse needs of our community. While we all share the challenge of navigating the impact of mental health conditions, each of us may need support that reflects our unique lived experiences.

This is why we offer culturally and linguistically responsive support groups—like those for young adults, siblings, BIPOC community members, and monolingual Spanish and Cantonese speakers. It’s why we created a class like Advocating for Your Black Child. And it’s why we continue expanding peer

support and educational offerings that reflect the richness and diversity of San Francisco.

So what do we mean when we talk about DEIB?

To ensure we're all speaking the same language, here are definitions that guide our work:

- Diversity is the presence of differences—including race, ethnicity, gender identity, sexual orientation, age, ability, socioeconomic status, and more.
- Equity means ensuring fair access to opportunities and resources by actively addressing barriers and systemic disparities.
- Inclusion is about creating environments where all people feel welcomed, respected, and able to fully participate.
- Belonging happens when people are not just included but feel seen, valued, and empowered to show up as their full selves.

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.

Saturday, May 17, 2025
9:30 am Registration Opens
10:40 Walk Starts

Little Marina Green - Crissy Field
800 Marina Blvd
San Francisco, CA 94123

Event Route Length: 2.5 Miles

Before the Walk begins at 10:40 AM, join us for poster-making, kids' activities, and inspiring speakers.

Bay Area comedians **Kristee Ono** and **Wonder Dave**—hosts of the **Mental Health Comedy Hour**—will emcee the event. We're honored to welcome Daniel Tsai, the new Director of the San Francisco Department of Public Health, and keynote speaker Drew Robinson.

Drew Robinson is a former Major League Baseball player, mental health advocate, and professional speaker. Born and raised in Las Vegas, NV, Drew was drafted by the Texas Rangers out of high school and went on to play parts of 12 seasons with the Rangers, St. Louis Cardinals, and San Francisco Giants organizations. In 2020, Drew miraculously survived a suicide attempt resulting in a new-found purpose of helping others and destigmatizing mental health. Leveraging his tagline, Strength Isn't Always Physical, Drew is dedicated to sharing his journey and showcasing vulnerability to prevent suicide and promote mental health care. Drew currently works in the mental health & wellness department with the San Francisco Giants where he advocates for player mental health and peer-to-peer support. Drew resides in Las Vegas with his service dog, Ellie. Follow Drew on Instagram @Drewrobbb.



It is not too late to join the Walk.
Sign-up today!

Join as a Team Captain, Team Member or Individual Participant.

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

Questions? Please contact erin@namisf.org to learn more.

REGISTER NOW



Looking to Volunteer? We Need You!

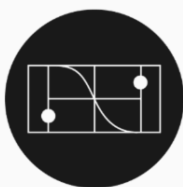
We are also looking for volunteers to help with the event. We have 3 time slots and lots of opportunities to help out! If you would like to volunteer at this year's walk, please complete the form below.

VOLUNTEER



de Young \
 Legion of Honor
 fine arts museums
 of san francisco

ROAR
 WOMEN'S STRENGTH TRAINING
 EST. 2024



Sports Basement



BARRE UNION

**SF MO
 MA**



Project Glimmer

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:

- A \$50 gift certificate to Sports Basement with its incredible selection of camping, sports, and outdoor gear.
- Two guest passes to the San Francisco Museum of Modern Art (SFMOMA), one of the foremost museums of modern and contemporary art
- A \$75 gift certificate to Bell and Trunk Flowers, a San Francisco-based floral design studio focused on delivering creative, artistic, and

- personalized arrangements.
- Four General Admission Guest Passes to the Fine Arts Museums of San Francisco. Each pass admits one for general admission to the de Young or Legion of Honor during regular museum hours.
 - A Single Month Membership at Barre Union, where you can attend up to 16 classes - valued at \$289.
 - Two tickets to any home SF Giants baseball game.
 - An assortment of 7 different quality products from brands including Ouai, Peter Thomas Roth, Kayali, and Makeup by Mario. A big shoutout to Sephora for donating these to us through their distribution partner, Project Glimmer. An incredible value that retails for over \$480.
 - Enjoy three Roar strength classes focused on proper form in a fun, supportive, and community-driven environment.
 - Up to 8 people for a 2 hour Pickle ball experience with an experienced pickle ball coach at Bay Padel indoor courts on Treasure Island, finishing up with some wine and cookies.
-

SUPPORT GROUPS



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, May 14, from 6 to 7:30 p.m.

[REGISTER](#)

UPCOMING EVENTS

演講: 父母是盟友和倡議者 Parents as Allies & Advocates

星期四, 5月15日 6:00-7:00p / Thursday, May 15 6:00-7:00p



粵語; *In Cantonese!*

星期四, 5月15日 @ 6:00 - 7:00p // Thursday, May 15 @ 6:00 - 7:00p.

加入我們, 通過粵語了解青少年心理健康以及如何支持患有精神疾病的兒童。為父母/看護人提供的教育性演講。概述青少年心理健康問題, 包括心理健康是什麼、心理健康疾病有多常見, 以及文化污名如何影響華人社區的心理健康。此外, 該演講將涵蓋導致某些人出現心理健康疾病的因素、警告信號以及與你的孩子溝通和支持孩子的實用方法。該演講還包括對當地資源的討論。粵語!

Led by NAMI SF Chinese Liaison, Kelly Ma, this presentation is for parents/caregivers and provides an overview of youth mental health issues, including what mental health is, how common mental health conditions are, and how cultural stigma impacts mental health in the Chinese community. Additionally, the program will cover the factors that lead to someone developing a mental health condition, warning signs, and practical ways to communicate with and support your child. This program also includes a discussion of local resources. In Cantonese!

[REGISTER TO ATTEND](#)



NAMI SF & Charles Schwab Special Needs Trust Presentation

Tuesday, May 20 | 6:00pm | Virtual via Webex

NAMI SF is partnering with Charles Schwab to deliver a presentation on special needs financial planning. Open to all NAMI SF community members.

If you have a child, family member, or a loved one with disabilities that require lifelong care, planning for their tomorrow can be challenging. Some of your concerns may include:

“What kind of life will they want to live, and where?”

“If they can't work, how can I make sure their expenses are covered?”

During the session, you'll learn financial essentials to help you ensure the wellbeing of your loved one, such as estate planning, long-term care planning, and more.

Reserve a spot for our virtual event by completing this form by May 19, 2025. Please note this event will not be recorded.

Questions? Please contact Andrew Tuttle, NAMI SF Program Director: andrew@namisf.org.

REGISTER TO ATTEND

Understanding the Family Information Form

Presented by:  **NAMI San Francisco**
National Alliance on Mental Illness

NAMI San Francisco Executive Director, Anne Fischer, will provide an overview of the new *Family Information Form* on the NAMI SF website. We invite you to attend!

Thursday, May 22 | 6:00 - 7:00pm

Register: [Click Here](#) | <https://tinyurl.com/familyinfoform1>

Thursday, May 22 | 6:00 - 7:00pm | Virtual via Zoom

NAMI San Francisco recently added a "Family Information Form" on the crisis resources page on our website. This form serves to provide a means for family members to communicate about their relative's behavioral health history to hospital/outpatient treatment providers and First Responders. After the information has been received and considered, this form will be placed in the client's medical/psychiatric chart or file.

NAMI Executive Director, Anne Fischer, will lead a program on what the Family Information Form is and how to use it effectively. Time will be time for Q+A after the presentation. We hope you can join us!

REGISTER TO ATTEND

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!



Wednesday, May 21 @ 12:00 - 1:00p

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, May 18 | 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.

[REGISTER TO ATTEND](#)

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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