



## A NOTE FROM OUR DIRECTOR

### **Start Your Advocacy Journey in 2026**

Many of our most dedicated volunteers first came to us during moments of crisis. They walked into a support group while navigating overwhelming circumstances. Today, those same individuals are leading support groups, co-facilitating classes, and educating the public. They use their lived experience to guide others through challenges they once faced themselves.

This transformation reflects the core of our work at NAMI San Francisco. Recovery is not linear. There is no prescribed path or universal timeline. Yet research shows that many people move through a few common emotional stages: confronting an initial crisis, finding ways to cope, and eventually reaching acceptance and a desire to support others. People move through these stages in different ways. What matters is understanding that these reactions are shared, that they are normal, and that each stage carries its own possibilities.

Recovery often unfolds in steps. A crisis may feel destabilizing. Over time, coping skills and stability return. Many then discover that supporting others becomes a meaningful part of ongoing healing. Volunteering with NAMI SF is not only an act of service. It is also a way to move forward. When people reach a place of understanding and acceptance, using their experience to help others can strengthen their own well-being.

Whether you are a family member who has navigated the mental health system or someone living with a mental health condition in recovery, your experience matters. Our community needs facilitators for support groups and teachers for our education programs.

**Our Annual Meeting this January** is an opportunity to find your place in this work. We will share the outcomes from 2025, including the lives supported and the progress made possible by volunteers. We will also introduce our plans for 2026, including new peer support groups in underserved neighborhoods.

You will meet the staff, board members, and volunteers who make this work possible. Whether you want to lead a support group, help with outreach events, or learn more about getting involved, this gathering offers a place to begin. As a volunteer-driven organization, your voice and your time fuel our mission.

**Let us begin 2026 by turning lived experience into collective action.  
We look forward to seeing you on January 21st at 6:00 PM!**

Anne Fischer  
Executive Director

[REGISTER to ATTEND THE ANNUAL MEETING](#)

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## UPCOMING EVENTS

# EMPOWERING VOICES

A COMMUNITY  
DIALOGUE ON  
MENTAL HEALTH



Join us for a powerful evening with NAMI San Francisco and hear personal stories of lived experience with mental health, emphasizing the importance of peer support and connection.

## EVENT HIGHLIGHTS

PERSONAL STORIES

REFLECTION & DISCUSSION

BELONGING & CONNECTION

ADVOCACY

## 15 JANUARY 2026

AT MANNY'S  
3092 16TH STREET  
SAN FRANCISCO, CA 94103

**6:00-7:00 PM**

[FOR MORE INFORMATION](#)



[welcometomannys.com/events](https://welcometomannys.com/events)



[namisf.org](https://namisf.org)

**REGISTER**



[REGISTER](#)



**Celebrating Black History Month:  
A Series on African American Mental Health**

This February, NAMI San Francisco is honored to offer a special series of events centered on Black/African American mental health, healing, and community.

Throughout the month, we will be hosting a range of programs designed to uplift voices, share knowledge, and support individuals and families. This series will include:

**FEBRUARY 4th:** A summit featuring a panel of mental health experts discussing African American mental health, equity, and culturally responsive care

**FEBRUARY 10th:** Storytelling events highlighting lived experiences and journeys of mental health recovery

**FEBRUARY 17th:** An event focused on mental health resources and pathways to support

**FEBRUARY 24th:** Support-focused programming for parents and caregivers

These events are rooted in community, resilience, and the importance of addressing mental health through a culturally informed and affirming lens. We invite community members, families, providers, and allies to join us in learning, connecting, and healing together.

More details, including registration information, can be found in collection in Eventbrite. We hope you'll join us this February.

[REGISTER](#)

## 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, December 4th @ 6:00 - 7:00p**  
**Wednesday, December 17th @ 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](#)

# OPPORTUNITIES

## JANUARY ONLINE PEER-TO-PEER CLASSES –NOW ENROLLING!

Apply for NAMI SF's free 8-week class, where you'll learn skills to help manage mental health symptoms, practice coping strategies, meet like-minded people, and more! Classes are held online weekly on Sundays from 3:00- 5:00 pm PT, January 18th -March 8th.



### Course Topics Include:

- Understanding Mental Health Conditions
- Strengthening Relationships
- Growing Support Networks
- Recovery Tools
- Goal Setting
- and More!



**Peer to Peer is a fantastic, free, 8-week class about mental health conditions, treatments, and strategies for improving quality of life.**

We are currently recruiting for **two** sessions:

### **IN-PERSON in San Francisco:**

- January 25<sup>th</sup> -March 14<sup>th</sup>
- Saturdays 10-12pm
- At, RAMS 1282 Market St

### **ONLINE SECTION:**

- January 18<sup>th</sup> - March 8<sup>th</sup>
- Sundays from 3- 5 pm,
- On Zoom

**Apply Today**

## FAMILY to FAMILY CLASSES COMING SOON

English classes are planned for February, with dates and times to be announced soon. Spanish and Cantonese offerings, along with in-person classes, are expected later in the year.



### Family-to-Family Classes Returning Soon

Family-to-Family classes are returning in the new year. If you're interested in receiving updates this year, please join the waitlist—even if you've taken the class before or have been on a waitlist in the past. Rejoining helps ensure you receive the most up-to-date information as new classes are scheduled.

[Apply Today](#)



**VOLUNTEER  
OPPORTUNITY**

**BECOME A  
FAMILY to FAMILY  
CLASS TEACHER**

Have you taken the NAMI Family-to-Family class in the past and felt called to stay connected or give back? We're looking for new Family-to-Family teachers, and former participants often make wonderful facilitators.

Family-to-Family is fully scripted and taught with a co-facilitator, with training and support included. Teaching is a great way to reconnect with the material

alongside other family members. Scheduling is flexible, and we can plan training dates and class times that work for you.

Questions? Email [Ashley@namisf.org](mailto:Ashley@namisf.org)

[Apply Today](#)



**Hey There!** **NAMI San Francisco**  
National Alliance on Mental Illness

***Join NAMI SF as a speaker!***

**Share your story of living with a  
mental health condition**

***Paid volunteer opportunity!***

**Ages  
18-30**

**To learn more contact Emma: [emmaenamisf.org](mailto:emmaenamisf.org)**

Hey There! Interested in sharing your story? Sign up to be a volunteer presenter!

The NAMI SF team does a ton of presentations for high school students in San Francisco and volunteer / community member voices are at the heart of this program. Want to get involved?

Paid volunteer position, tons of flexibility, and an opportunity to memorialize your story and support student wellness!

\*Must identify as someone between ages of 18-30 and living with a mental health condition / mental illness.

\*Questions? Email Emma, program director: [emma@namisf.org](mailto:emma@namisf.org).

[VOLUNTEER](#)

**MENTAL HEALTH MEDIA**

a YEAR of SELF-CARE PRACTICES to HELP You Grow

# mindful

THE 2025 ANNUAL ISSUE

## THE Power OF COMPASSION

LEAN IN TO Hope

FIND MORE JOY

LOVE YOURSELF

JUNE 30 2025  
mindful.org

DEEPEN YOUR  
*Mind-Body*  
CONNECTION

MEET  
TOUGH EMOTIONS  
WITH  
*Curiosity*

DISCOVER  
the SCIENCE of  
*Compassion*

Looking for a magazine dedicated to bringing authentic wellness and gratitude into the lives of their readers? [The Mindful Magazine](#) might be for you! The Mindful Magazine provides courses, personal stories, news-you-can-use, practical advice, resources and insights to help their readers live more mindfully. With articles on topics such as compassion, guided meditation, and radical love, they aim to promote individual wellness, healthy relationships, and a more mindful and caring world.



We are pleased to spread the word about an upcoming event,  
**"The Opioid Trilogy: Addiction Animated"**  
**February 17, from 6pm to 7pm @ Manny's.**

This special evening, moderated by Marcia Jarmel, Director, Filmmaker Services, JEWISH FILM INSTITUTE, includes a screening of two short films from the Independent Lens PBS series The Opioid Trilogy, followed by a conversation with filmmaker Joanna Rudnick, who approaches the subject both as a documentarian and as a sister to someone who struggled with opioid use disorder. Joanna will share her journey to understand the “demand side” of drug use and the complex emotional realities facing families, while working to avoid the voyeuristic tropes that too often shape addiction narratives.

In conversation, she will discuss how creative devices such as animation can humanize experiences frequently marked by stigma, judgment, and othering, and how storytelling can help shift the narrative toward compassion, dignity, and healing.

[REGISTER](#)

**RESOURCE READY**

**SAN FRANCISCO  
SUICIDE  
PREVENTION**



**Felton  
institute**

This year, remember - **help is always available!**

**San Francisco Suicide Prevention** provides *24/7 Hotlines, 365 days a year.* Keep these phone numbers on hand in case of an emergency for yourself or

your loved ones. Call or text, and you will not be alone.

**Crisis Line: Call (415) 781-0500**

**Text Line: Text (415) 200-2920**

**988 National Suicide & Crisis Lifeline: Dial 988**

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## BOARD CORNER



**COURTNEY  
GILLESPIE**

In 2024, after serving as a volunteer speaker for workplace presentations, I joined the Board of Directors for NAMI San Francisco. Having called this city home for 13 years, I wanted a meaningful way to give back to my community—specifically by supporting an organization that provides a lifeline for those navigating mental health challenges.

My commitment to NAMI is deeply personal. I bring "lived experience" to the board as both an individual managing anxiety and depression and as a caregiver for loved ones. For years, my family "went it alone," keeping our struggles private. We lacked the community and peer guidance that NAMI provides, and I often reflect on how much we would have benefited from knowing we weren't alone during those times of crisis.

Serving on the Board has been incredibly rewarding. I have the privilege of working alongside a passionate, diverse group of leaders to oversee our budget and strategic programming. A highlight of my tenure has been helping to relaunch our annual fundraising walks after a long hiatus. Seeing San Franciscans from all walks of life gather to march against stigma — accompanied by music, laughter, and even mental health-focused comedians — is a powerful reminder of why this work matters.

I am equally inspired by the NAMI SF staff. Their empathy is boundless, and their dedication to inclusivity—such as launching programming in Cantonese and Spanish—ensures we meet people exactly where they are. I am profoundly grateful to everyone who supports NAMI. Together, we are ensuring that no one in San Francisco has to face mental illness in isolation.

## 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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