

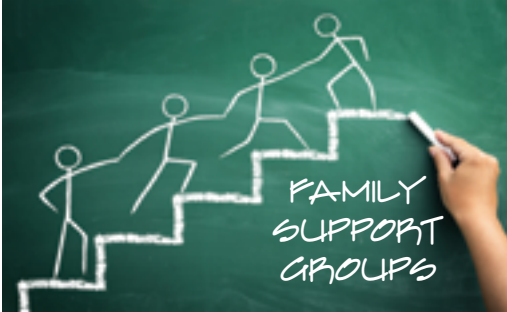


NEWSLETTER

NATIONAL ALLIANCE ON MENTAL ILLNESS OF MASSACHUSETTS, INC. | CAMBRIDGE-MIDDLESEX AFFILIATE

JOIN US FOR FAMILY-TO-FAMILY • SUPPORT GROUPS • PROGRAMS

SUPPORT.....



TWO 8-WEEK FAMILY-TO-FAMILY CLASSES VIA ZOOM

Pre-registration is required.

STARTING TUESDAY, SEPT. 8 6:30-9:00 PM

Contact Maureen at maureen1maureen@aol.com or 781-864-2336 or Elizabeth at fongef@gmail.com to register. *FULL*

STARTING TUESDAY, SEPT. 29, 6:30-9:00

Contact Dominique at dzarrellaa@gmail.com or 508-662-9214 or Francis at francis_burnett@yahoo.com or 781-724-6554 to register.

ADDITIONAL CLASSES ARE AVAILABLE IN MASSACHUSETTS AND ALL MASSACHUSETTS PARTICIPANTS ARE WELCOME TO ANY CLASS.

4 MONTHLY FAMILY SUPPORT GROUPS VIA ZOOM

Pre-registration is required.

**1ST AND 3RD MONDAY OF EVERY MONTH, 7-8:30 PM,
AND 2ND AND 4TH MONDAY, 4-5:30 PM.**

Registration is required and space is limited to 10 people per group. Register at <https://nami-cambridgемiddlesex.org/programs/support-groups/>
Deadline for registration is noon on the Monday you want to attend, but groups often fill up early. Ten people per group. Free. Register as early as possible.

**FOR OTHER SUPPORT GROUPS IN THE AREA VISIT:
[HTTPS://NAMIMASS.ORG/NAMI-FAMILY-SUPPORT-GROUPS/](https://namimass.org/nami-family-support-groups/)**

PROGRAMS.....

Mindfulness Practice During Difficult Times

TUESDAY, OCTOBER 6 | VIRTUAL MEETING 6:30-8 PM

Rebecca Priest, LICSW and long-time practitioner of mindfulness meditation, will present an introduction to mindfulness, including a brief guided meditation. Focus will be on coping during stressful times. Open to 25 participants. Free. Register at <https://nami-cambridgемiddlesex.org/events/current-events/>

In Our Own Voice

Back by Popular Demand

TUESDAY, NOVEMBER 10 | VIRTUAL MEETING 7-8:15 PM

Two guests from NAMI's powerful "In Our Own Voice" Program will share their personal experiences with mental illness and recovery. As leaders with lived experience, they will talk openly about what it is like to manage their mental health conditions and answer your questions. Free. Register at <https://nami-cambridgемiddlesex.org/events/current-events/>

NAMI CAMBRIDGE / MIDDLESEX

RESOURCES

SUPPORT

► **NAMI-Cambridge Family Support Groups (FSG)**

Free support groups are open to caregiving family and friends of people with mental illness via Zoom on the first and third Monday of every month (7-8:30 PM) and on the second and fourth Monday of every month, (4-5:30 PM). Registration is required and space is limited to 10 people per group. Register at this link:

<https://nami-cambridgемiddlesex.org/programs/support-groups/> Deadline for registration is noon on the Monday you want to attend, but groups often fill up early. Register as early as possible.

► **NAMI Connections**

Support group for peers/consumers, Wednesdays and Fridays 10:30-Noon, Cambridge/Somerville RLC, 35 Medford St., Ste. 111, First Floor, Somerville. Contact Janel at 617-863-5388 or tanj@vinfen.org

EDUCATION

► **Family-to-Family**

Two 8-WEEK FAMILY-TO-FAMILY CLASSES VIA ZOOM
Pre-registration is required.

STARTING TUESDAY, SEPT. 8 6:30-9:00 PM: Contact Maureen at maureen1maureen@aol.com or 781-864-2336 or Elizabeth at fongef@gmail.com to register

STARTING TUESDAY, SEPT. 29, 6:30-9:00: Contact Dominique at dzarrellaa@gmail.com or 508-662-9214 or Francis at francis_burnett@yahoo.com or 781-724-6554 to register.

Additional classes are available in Massachusetts and all Massachusetts participants are welcome to any class.

IMPORTANT PHONE NUMBERS

NAMI Cambridge-Middlesex. 617-984-0527

Recorded information about education meetings, family support groups, and membership. You can leave a message.

NAMI Mass COMPASS

*for help navigating the mental health system in Massachusetts:
9 am-5 pm, Mon-Fri. 617-704-NAMI (6264)*

NAMI MASS Office (9am-5pm, M-F) . . . 617-580-8541

*The Schraff's Center, 529 Main St., Ste. 1M17
Boston, MA 02129*

Psychiatric Emergencies

Call 911 for immediate medical help.

CHA Cambridge Hospital 617-665-1560

The Psychiatric Emergency Service (PES) of the Cambridge Health Alliance (CHA) is located in the Emergency Department at Cambridge Hospital, 1493 Cambridge St., Cambridge. Psychiatrists and clinical social workers are on duty 24 hours a day.

BEST Team (Boston Emergency Service Team) 800-981-4357

Primary emergency service team that serves Boston, Cambridge, and Somerville. In-person behavioral health crisis assessment, intervention, and stabilization service in the community or at their two centers, 24 hours a day for individuals of all ages covered by MassHealth (Medicaid) plans, Medicare, and the uninsured.

Emergency Psychiatric Services

for other communities 877-382-1609

SUICIDE PREVENTION

Samaritans of Massachusetts

24-hr. emotional distress line 1-800-273-TALK

24 hour crisis intervention/hotline 1-877-870-HOPE

Teen Line (statewide) 1-800-252-8336

24 hour Helpline 1-617-247-0220

SUBSTANCE ABUSE HELP

Mass Substance Abuse HELPLINE 1-800-327-5050

Free, confidential information and referrals

CHILDREN'S MENTAL HEALTH

*Riverside Community Care's CBHI program provides help to area families with children ages 3-21 who are experiencing significant emotional/behavioral disturbances and who have MassHealth insurance.
Contact: 617-354-1519 ext.114, RBiscan@riversidecc.org*

OTHER RESOURCES

NAMI National Legal Center (namimass.org under "Resources" includes "Road Map through the Massachusetts Criminal Justice System for Persons with Mental Illness and Their Family."

NAMI CAMBRIDGE / MIDDLESEX

RESOURCES

FIND YOUR LEGISLATOR

<http://www.sec.state.ma.us/wheredoivotema//bal/MyElectionInfo.aspx>

SENATE

Sal N. DiDomenico
DISTRICT: Middlesex and Suffolk
State House Room 208 Boston, MA 02133
Phone: 617-722-1650 Fax: 617-722-1323
Email: Sal.DiDomenico@masenate.gov

Patricia D. Jehlen
DISTRICT: Second Middlesex
State House Room 424 Boston, MA 02133
Phone: 617-722-1578 Fax: 617-722-1117
Email: Patricia.Jehlen@masenate.gov

Joseph Boncore
DISTRICT: First Suffolk and Middlesex
State House Room 112 Boston, MA 02133
Phone: 617-722-1634
Email: Joseph.Boncore@masenate.gov

David M. Rogers
DISTRICT: 24th Middlesex
State House Room 472 Boston, MA 02133
Phone: 617-722-2637 Fax: 617-626-0275
Email: Dave.Rogers@mahouse.gov

HOUSE

Marjorie C. Decker
DISTRICT: 25th Middlesex
State House Room 33 Boston, MA 02133
Phone: 617-722-2692 Fax: 617-626-0337
Email: Marjorie.Decker@mahouse.gov

Jonathan Hecht
DISTRICT: 29th Middlesex
State House Room 22 Boston, MA 02133
Phone: 617-722-2140 Fax: 617-626-0199
Email: Jonathan.Hecht@mahouse.gov

Mike Connolly
DISTRICT: 26th Middlesex
State House Room 33 Boston, MA 02133
Phone: 617-722-2060
Email: Mike.Connolly@mahouse.gov

Jay Livingstone
DISTRICT: 8th Suffolk
State House Room 472 Boston, MA 02133
Phone: 617-722-2013
Email: Jay.Livingstone@mahouse.gov

Sean Garballey
Arlington
State House Room 540 Boston, MA 02133
Phone: 617-722-2090 Fax: 617-722-2848
Email: Sean.Garballey@mahouse.gov

Jay R. Kaufman
Lexington
State House Room 34 Boston, MA 02133
Phone: 617-722-2320 Fax: 617-722-2415
Email: Jay.Kaufman@mahouse.gov

Secretary of the Commonwealth

Elections Division, McCormack Building, One Ashburton Place,
Room 1705, Boston, MA 02108 Toll-Free: 1-800-462-VOTE (8683)
617-727-2828 Fax: 617-742-3238
Email: elections@sec.state.ma.us

Call 1-800-462-8683 or 617-727-2828 or email elections@sec.state.ma.us, if your town or legislators are not listed here.

MEMBERSHIP

Your membership helps strengthen the voice of NAMI, nationally and locally, for the millions of Americans living with serious mental illness. Please join today. NAMI-Cambridge/Middlesex offers free support groups and education programs for family members and friends of the mentally ill.

Join NAMI Cambridge-Middlesex:

Please print clearly and mail to the address below with your check or visit www.nami.org to join online

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ EMAIL ADDRESS _____

(Enter your address, if you want to receive occasional updates by email.)

- I would like to become a NAMI-CM member. Please send \$40 for Individual Membership or \$60 for the new Household Membership (covers all individuals in your home) (or \$5 for Open Door Membership).
- I want the Cambridge-Middlesex NAMI newsletter only, since I am already a member of another affiliate. Please send \$10.

Make checks payable to: NAMI-CM Mail to: NAMI-CM, 174 APPLETON ST., CAMBRIDGE, MA 02138
This is not an office, but a mailing address only. NAMI-CM is a volunteer organization; we do not maintain an office.

VISIT OUR WEBSITE

WWW.NAMI-CAMBRIDGEMIDDLESEX.ORG

Many Thanks to FSG Leaders Lisa and Larry



Helping others is the motto of NAMI Cambridge-Middlesex, and Lisa Fownes and Larry Ouellette have been helpers extraordinaire! For 13 years they facilitated the third Monday Family Support Group at CHA Learning Center, and more recently online. They've been there for other caregiving family members through thick and thin, holidays and all types of weather. Sadly they are retiring, but happily will continue to serve people with mental illness and their families in other ways. Lisa, and Larry—we can't thank you enough for your devotion and years of volunteer service.

Thanks for
WALKING!



A whopping 250 members and NAMI-CM supporters strapped on their sneakers, took to the streets, got on the treadmill, or walked around their houses to raise \$22,774.95 for NAMI-CM in the 2020 Virtual Walk this summer. A special thanks to four additional teams that joined the effort: Glitter Posse, Help Fight the Stigma, Mt. Auburn Hospital, and Synaptic 4.