



National Alliance on Mental Illness

NAMI | Lansing

What's Inside?

Details on all events and how to participate

Ignite and Inspire

NAMI Lansing's Mental Illness Awareness Week traditions continue. This year we invite you to participate online or by phone in Ignite and Inspire, a varied series of uplifting, creative, and practical programs from September 29 to October 10.

Dr. Xavier Amador, a wonderful friend of NAMI, will kick off the events, speaking about communication techniques from his book *I Am Not Sick I Don't Need Help!*



The third annual Healing Through Art exhibition will be an online gallery of local artists expressing their creative vision and challenges. New this year is Healing Through Words, an anthology of original prose, poetry, and prayer.

In a series of virtual discussions, mental health professionals will share their insights on mental health issues including coping skills and Covid-19, explore the mental health impact of racial injustice, and LGBTQ+ issues. We will have fun, too. Check namilansing.org for pop-up events with opportunities to participate.

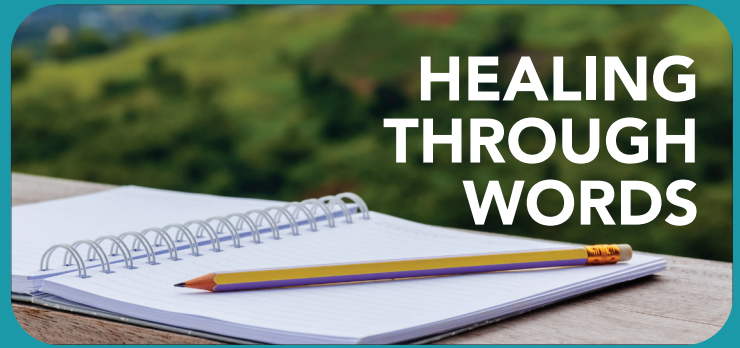
NAMI Lansing is your family. We are here to support you at these special events and ongoing online support groups. Check inside for details on how to participate. We look forward to seeing you.



"The African American community has seen generations of racism, oppression, and social inequality which has led to ongoing traumatic experiences. We now define these types of experiences as generational trauma." Lance Wimberly, LMSW. Hear Mr. Wimberly discuss these important mental health issues when he speaks on October 7 at 7 PM.



Healing Through Art is an opportunity for artists in our community to tell their stories. This virtual gallery is for all artists, from beginners to professionals. It is about community participation, understanding each other, and sharing our creative and healing journeys. Some art will be for sale. Please tune in to the live online celebration Friday, October 9 at 8 PM.



Do you express yourself through words? Writers and readers are invited to **Healing Through Words**, an online anthology of original prose, poems, and prayer. We hope that many people will join this new event and share their writing. Please share your creative writing with the NAMI family at the link on our website and join the live event on Friday, October 2 at 8 PM.

To view the Healing Through Art and Healing Through Words virtual galleries visit namilansing.org. Please submit your art and writing through September 25 at our website.



Education Programs Continue

NAMI Lansing offers an array of outstanding peer-led programs that provide free education, skills training and support. Discover which education program is right for you at namilansing.org. NAMI Family-to-Family, Peer-to-Peer, and Basics will resume online this winter. The In Our Own Voice and Ending the Silence presentations can be presented via Zoom on your schedule.

Support Groups on Zoom

NAMI Lansing support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees. If you feel alone coping with a loved one's with mental illness, visit the Family Support Group to share your story and learn from others in a structured, hopeful atmosphere every Thursday from 4 to 5 PM. The NAMI Connection group is for adults living with mental illness. It's a friendly place where we can support each other, every Thursday from 7 to 8 PM. Register by visiting namilansing.org/support-groups or call 484-3404 for call-in instructions.



IT'S EASY TO JOIN ON ZOOM!

Tuesday, Sept. 29 at 7 PM • Taking the LEAP – Family Communication and Mental Illness

Xavier Amador, Ph.D., an internationally renowned psychologist, will be our keynote speaker. His professional background and personal experience as a caregiver for family members makes him uniquely qualified to address a NAMI audience.



Wednesday, Sept. 30 at 7 PM • The Elusive Dream: Sleep and Emotions

Dr. Dale D'Mello, MD, associate professor emeritus at MSU, will explore ways to improve your sleep and the importance of sleep to your mental health.



Monday, Oct. 5 at 7 PM • Mental Health and LGBTQIA Communities

This presentation with Morgan Bowen, DNP, will discuss the impact of mental health conditions and treatment in the context of LGBTQIA experiences.



Tuesday, Oct. 6 at 7 PM • Self Care in Times of COVID-19.

Jen Cronkite, MA, LPC, Prevention Therapist from our local Community Mental Health Authority, will present on practical ways we can find support and take care of ourselves during the pandemic.



Wednesday, Oct. 7 at 7 PM • Racism and Mental Health

Lance Wimberly, LMSW, will discuss racism and trauma history within the African American community and how this impacts mental health and treatment.

Your Zoom Event Information

Join presentations at www.zoom.us/join.
Use meeting ID 846 7358 7372.
Register now and receive an email link to all events.

To join by phone dial 1-312-626-6799.
Please call about five minutes prior to the event.
Enter the meeting ID 846 7358 7372 #.

Thank you to these friends of NAMI Lansing:

Allegra of Okemos FootPrint Fund
100 Plus Women Who Care
Lansing Institute of Behavioral Medicine
McLaren Greater Lansing
Sparrow Behavioral Health
Sunovion
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Eaton Ingham Counties
MSU Department of Psychiatry
MSU College of Nursing
KAK Network ★ Urban Beat ★ Peckham
ETCH – Early Treatment and Cognitive Health



Mental Illness Awareness Events

- Sept. 29 • Keynote: Taking the LEAP with Dr. Amador
- Sept. 30 • The Elusive Dream: Sleep and Emotions
- Oct. 2 • Healing Through Words Celebration
- Oct. 5 • Mental Health and LGBTQIA Communities
- Oct. 6 • Self Care in Times of COVID-19
- Oct. 7 • Racism and Mental Health
- Oct. 9 • Healing Through Art Celebration
- Oct. 10 • NAMIWalks Your Way

Ignite & Inspire
September 29 to October 10