Photographers at this event were Bruce Lescher, Rachel Podlishevsky, and Jack Owicki of Pro Bono Photo along with photos submitted by individual NAMI SMC members. For more information about Pro Bono Photo photographers, go to www.ProBonoPhoto.org/Who-We-Are.
About Us

The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. What started in San Mateo County as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation’s leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 49 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

We do not offer any treatment or therapy - instead we provide peer support from individuals and family members of those who suffer from a diagnosed Mental Illness and learn how to live a better life in recovery.

Welcome to NAMI San Mateo

Join NAMI San Mateo County(SMC) on Giving-Tuesday: Uniting for Mental Health Support with a Goal of $51,000

On November 28, 2023, the world is coming together to celebrate the incredible power of human connection and the drive to create stronger, more supportive communities. NAMI SMC is thrilled to share that we’ll be a part of this year's GivingTuesday, a day that showcases the unifying force of generosity, especially in times of uncertainty.

We're reaching out to you because we need your support to make a difference. Our goal is to raise $51,000 to directly impact our mission of enhancing mental health services and support groups within San Mateo County. With your help, we are aiming to double the amount of people we serve through our support groups in 2024. This initiative will have a meaningful impact on our community, offering crucial resources and support to those who need it most.

To get ready for this giving event, mark your calendars and set a reminder for November 28th. On GivingTuesday, or even before, please visit our website to make a donation that will play a vital role in enhancing mental health services and support groups. We're not just raising funds; we're raising hope and transformation. See page 5 for our Giving Tuesday flyer.

In addition to your generous contributions, we invite you to share our mission and the reasons why you support NAMI SMC with your friends and family on social media. Use the hashtag #NAMISMCGivingTuesday and remember to tag us so we can help spread the word. To learn more about NAMI SMC’s involvement in GivingTuesday, donate, and see how your support can make a difference, please visit: www.namisanmateo.org/get-involved/giving-tuesday

Your contribution isn't just a donation; it's a lifeline for those in need!

“高昂不计所有的悲痛但有你的美是这样存留。”
- Anne Frank

General Meeting

Tue, Nov 28, 2023
6:45 - 8:00pm Program

- Speaker -
Dr. Neil Nedley, MD
of
Nedley Health Solutions

- Topic -
"Enhancing the Emotional Intelligence in Children and Adults."

Go to our website for more info:
www.namisanmateo.org/news-events/general-meetings

NAMI San Mateo County General Meetings are free and open to the public. We welcome all who support our mission to improve the quality of life for people with mental illness and their families.

NAMIWalks SMC 2023

NAMI SMC held our second annual in-person WALK on Saturday, October 14th at Seal Point Park in San Mateo. What a success!!! Our WALK Committee lead by the fabulous Oliva Heffernan simply outdid themselves.

We had a picture-perfect event. From the wonderful weather to the excited crowd of over 600 people, we collectively celebrated our “Fight Against Stigma” as well as “Mental Health for All” by joining together that morning. And we set some records! We had our biggest number of teams ever – 52 teams from families to corpora-
tions banded together to raise funds for our affiliate. We also had a record-breaking total – at present, we have raised over $239,000 to help fund all our education, support, and advocacy efforts here in San Mateo County.

We are sincerely grateful to our whole community. Spending time with our sponsors, our keynote speaker, our volunteers, our board of directors, our community partners, our staff, and our members and friends is simply invaluable.

Thank you all for attending – we love being a part of this incredible community. To make an additional donation to help our cause, please go to our website:

www.namisanmateo.org/donate

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Upcoming General Meeting

When: Tuesday Nov 28th from 6:45-8pm on Zoom
Speaker: Dr. Neil Nedley, MD
Topic: “Enhancing the Emotional Intelligence in Children and Adults”
Description: People are being managed by their emotions in record numbers. However, the most successful and happy people understand and manage their emotions. Can emotional intelligence be taught and if so, how? Dr. Neil Nedley will explain what emotional intelligence is and how it is vital to achieving happiness, success, and fulfillment. He will also explain how emotional intelligence can be learned in adults, as well as how a children and adolescent curriculum in emotional intelligence is transforming these youth in over 30 public schools it has been piloted in. Dr. Nedley will also explain how we can even improve our emotional intelligence over the holidays. Finally, gain insight into how improving emotional intelligence can aid in the prevention and treatment of various mental illnesses and addictions.
Bio: Neil Nedley, MD, is founder and medical director of the community based and residential Nedley Depression and Anxiety Recovery Programs™. He is an award-winning, practicing internal medicine physician who is well known as an author, public speaker, and teacher throughout the world.

www.nedleyhealth.com
GIVING TUESDAY

November 28th, 2023

Goal: $51,000

On GivingTuesday, we celebrate unity and generosity. NAMI SMC is part of this movement, and we need your support to raise $51,000. This goal will allow us to double the people we will serve in our support groups in 2024, making a significant impact on our community.

How You Can Help:
1. Save the Date for November 28th
2. Scan the QR code to visit our website & make a donation
3. Share our mission using #NAMISMCGivingTuesday & tag us

www.namisanmateo.org/get-involved/giving-tuesday/
La.nx Corner!
Two new Support Groups in Spanish for Latinx Families!

By Rocio C. Panameño

This year has marked a significant expansion of our Latinx programs and services. We are dedicated to continuous improvement, constantly striving to increase our inclusion and cultural competency in the support we provide to our communities. With this commitment in mind, we are excited to announce the creation of two new Family Support Groups in Spanish designed for caregivers and family members of those struggling with mental illness.

The first of these groups is the Latinx Support Group, facilitated by Claudia Sagesse, former director of the San County Office of Consumer and Family Affairs. Mateo; a dedicated group leader, long-time family advocate, and valued supporter of NAMI SMC. This in-person group meets every fourth Tuesday of the month and provides a safe, enriching space for participants. Meetings are scheduled from 6 p.m. to 7:30 pm at the Barbara A. Mouton Multicultural Wellness Center, conveniently located at 903 Weeks St., East Palo Alto, CA 94303.

For those interested in joining this invaluable community resource, we encourage you to contact Claudia directly at (408) 348-6864 or email: cisaggese@hotmail.com

Your path to support, understanding and empowerment begins here.

Our second initiative, the Virtual Family Support Group in Spanish, is online and takes place via Zoom every Thursday from 7 p.m. to 8:30 p.m. Group sessions are facilitated by Juanita Ruano and Linda Espinosa. We express our sincere gratitude to Juanita and Linda for their tireless service as they consistently prioritize the well-being of our community by meeting each week. This virtual support group serves as a testament to our mission to provide unwavering support to the members of our community. Through these consistent and accessible platforms, we aim to foster connections, understanding and empowerment within our community. For family members of people over the age of 18 who are experiencing mental health issues, please email rocio@namisanmateo.org for more information or scan the QR code below.

¡Esquina Latinai
¡Dos nuevos Grupos de Apoyo en español para Familias Latinas!

“Este año ha marcado una expansión significativa de nuestros programas y servicios Latinx. Estamos dedicados a la mejora continua, esforzándonos constantemente por acrecentar nuestra inclusión y competencia cultural en el apoyo que brindamos a nuestras comunidades. Con este compromiso en mente, estamos emocionados de anunciar la creación de dos nuevos Grupos de Apoyo Para Familias en español diseñados para cuidadores y familiares de quienes luchan contra una enfermedad mental.

El primero de estos grupos es el Grupo de Apoyo Latinx, facilitado por Claudia Sagesse, ex directora de la oficina de Asuntos del Consumidor y la Familia del Condado de San Mateo; una dedicada líder de grupo, defensora de la familia desde hace tiempo y valiosa colaboradora de NAMI SMC. Este grupo presencial se reúne cada cuarto martes del mes y ofrece un espacio seguro y enriquecedor para los participantes. Las reuniones están programadas a partir de las 6 pm hasta las 7:30 pm. En el Centro de Bienestar Multicultural Barbara A. Mouton, convenientemente ubicado en 903 Weeks St., East Palo Alto, CA 94303.

Todos aquellos interesados en unirse a este invaluable recurso comunitario, los animamos a comunicarse directamente con Claudia al (408) 348-6864 o al correo electrónico: cisaggese@hotmail.com

Su camino hacia el apoyo, la comprensión y el empoderamiento comienza aquí.

Nuestra segunda iniciativa, el Grupo Virtual de Apoyo Familiar en español, es en línea y se lleva a cabo a través de Zoom todos los jueves de 7 p.m. a 8:30 p.m. Las sesiones grupales son facilitadas por Juanita Ruano y Linda Espinosa. Expresamos nuestro más sincero agradecimiento a Juanita y Linda por su incansable servicio, ya que constantemente priorizan el bienestar de nuestra comunidad al reunirse cada semana.

Este grupo de apoyo virtual sirve como testimonio de nuestra misión de brindar apoyo inquebrantable a los miembros de nuestra comunidad. A través de estas plataformas consistentes y accesibles, nuestro objetivo es fomentar las conexiones, la comprensión y el empoderamiento dentro de nuestra comunidad. Para los familiares de personas mayores de 18 años que experimentan problemas de salud mental, envíen un correo electrónico a rocio@namisanmateo.org para obtener más información o escanee el siguiente código QR.”
I joined the NAMI San Mateo County team on April 17th of this year and am very excited to be part of this dedicated group. I have 13 years of nonprofit management experience and a passion for increasing awareness of mental health in our community. Prior to joining the NAMI team, I was on the board of directors for NAMI Alameda County. I believe there is a great deal of opportunity within NAMI to expand current services and programs so we can support and engage more individuals struggling with mental health issues.

As Executive Director, I am responsible for the overall development and strategic planning that increases awareness of mental health challenges within our communities plus driving business development, providing support programs for our community, financial management, board and community relations, and fundraising opportunities. I manage a team focused on expanding mental health services, membership enrollment, and increased programming based on the needs of our community. We at NAMI San Mateo County are dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy.

Robert Taylor
Executive Director

My current role is as Grants and Accounting Director – I joined our affiliate two and half years ago and I love working for NAMI SMC. I am grateful for all the wonderful staff, volunteers, and community members that I have had the pleasure to meet and get to know. Our progress over the past year has been so amazing and I am very excited to continue to be a part of this spectacular team as we push forward to ensure that ALL people and families that struggle with mental illness are provided the best services possible to lead their best lives.

In my spare time, I love being with my family and friends – I am both a foodie and a sports junkie. Can’t get enough of the 49ers, Warriors, A’s and Sharks.

Leslie Davis
Grants & Accounting Director

I have been a member of the NAMI SMC staff since 2017. Starting as a Peer sharing my story through the "In Our Own Voice Program", I found empowerment and a passion for advocacy. I have held various roles at NAMI, from Peer PALS Coordinator to Latinx Education Coordinator. I currently serve as the Program and Volunteer Director. In this capacity, I provide educational and technical support, coordinate new classes, and oversee support groups and speaker programs. I have strived to empower our teachers and facilitators by providing new training and offering support. I also work to bring core classes such as Family to Family, Peer to Peer, and Basics to our community members in English and Spanish. Seeing the impact of these programs has been incredibly rewarding, but I know there is still more we can do.

Looking ahead, I am passionate about expanding our offerings. I am currently establishing a bi-weekly online Family Support Group in Spanish and working with NAMI’s Latinx leadership to bring more services in Spanish and other non-English languages. With empathetic and culturally relevant services, we can address the needs of overlooked individuals. I am committed to improving and expanding our programs, groups, and services, ensuring that NAMI remains a beacon of support and empowerment in our community.

In my free time, I enjoy photography, and catching up on new Netflix shows, although my greatest joy comes from spending time with my one-year-old son and family.

Rocio C. Panameno
Education & Volunteer Director
Growing up in Mendoza, Argentina as a daughter of parents struggling with Mental Health issues, I survived chaos and uncertainty for the majority of the time. I quickly learned to submerge myself in classes and trainings that taught me the value of hard work, dedication and commitment. As a Latino immigrant woman, I felt the challenges of discrimination, language barriers and my own Mental Health stigma. In spite of adversity, I managed to successfully win two Media Production awards, hold a Bachelor of Science in Communications and received more than 40 certificates in diverse trainings and classes.

My ability to think outside the box, find creative solutions and empathize with peers brought me to work for NAMI SMC first as a Community Outreach Manager and now as a Community Outreach, Newsletter, Membership & Latinx Director. In the last year, I have been able to build and grow the outreach department, bringing information about NAMI SMC services to more than 50 events like resources fairs, festivals, various events and presentations. Working for the Latinx community I feel like a fish in the water, as I relate completely with their needs and obstacles for what we created in the last couple of months - two new Spanish speaking family support groups, one in person and one online. I am excited and ready to dedicate next year to the growth and service to our NAMI SMC members who are the heart of this organization. My favorite part of the newsletter creation is putting together the cover, collaborating with my co-workers, or announcing any new accomplishments from the team.

I have been a resident of San Mateo County for the last 18 years and when I am not busy working long hours to help grow NAMI SMC, I enjoy cooking, watching movies, driving and spending time with any furry creature (especially if they bark or meow) for whom I became a part time house and pet sitter. Mental Health and animals are my passion and my calling.

David Lo has been managing information technology for NAMI SMC for about 1 year. As an IT Consultant, he has worked with many organizations from the non-profit, semiconductor, architecture, engineering, and construction (AEC), venture capital, personal development, and real estate industries providing director-level leadership and strategies for the last 20 years. David is currently the Vice President, for the Silicon Valley Monterey Bay Council of the Boy Scouts of America. In this executive board role, he sets recruitment and expansion strategies while overseeing the health of the organization. For the last decade, he has been the Chairman of the Board for a student-run business known as AIESEC at SJSU which conducts international internships for college students and recent graduates.

He has one son who will be entering eighth grade this fall. David enjoys traveling to new places, trying new foods, and making new friends.

I am the Communications, Events & Youth Services Manager at NAMI SMC. I joined NAMI SMC in August of 2022. I was led to this role through my passion for helping others and providing free, quality mental health support to the public. My background is in mindfulness, yoga, meditation and working in Special Education with children with Autism. At NAMI SMC my biggest passion is expanding our youth support services and increasing mental health education to the younger population.

In the beginning of June 2023 I started NAMI SMC’s first ever teen support group called APEALS. During the school year, I also focus on youth education by going into middle and high schools to teach youth about mental health conditions, how to get help, and how to help others. I do this through a presentation called Ending the Silence, in which I also share my personal lived experience with mental health conditions as a story of hope and recovery. In the communications and events part of my role, I try to focus on ways to bring our community together to remind people that we are in this together and no one is alone in their struggles.

When I’m not working I am usually mountain biking, meditating or rock climbing. After recovering from my own mental health conditions I have found that those hobbies help me maintain a positive state of mind. NAMI SMC is inline with my goals in the mental health field so I am grateful to be a part of this community.
I have served as NAMI SMC’s HelpLine Coordinator since December 2022. I ensure our HelpLine is managed, staffed, and operating to its fullest extent as it is a critical resource and service to our community. In my time as the HelpLine Coordinator, we have increased and improved our caller coverage, training content & process, and overall operations. Across my career, I have over 4 years of experience serving non-profit organizations through operations, grant writing, program development, and recruitment.

In my free time, I enjoy everything related to sports – from playing recreationally to supporting my beloved 49ers and Warriors. Overall, I am a proud member of the NAMI SMC team as I truly believe the work we do to advocate and support for Mental Health makes a difference for underserved individuals and families in our community.

Grayson Davis
HelpLine and Grants Manager

I am the Peer PALS Program Coordinator and Community Outreach Assistant. I joined NAMI San Mateo County in April 2023. In my two short months, I interviewed more than a dozen of peers and pals, renewed 3 mentorships, and have several potential Peer PAL partnerships in place. Prior to joining NAMI SMC I worked as an office manager and tax assistant at a local tax firm. I also volunteered at my children’s schools from elementary to high school, served as a room parent to being on the School District’s fundraising committee and as a member of the Music Booster Board, as well as served as a Board of Directors for the Peninsula Youth Orchestra.

In my free time I work to improve my tennis skills and play tournaments at the local tennis clubs. I also like to go on family hikes and try different cuisines at the restaurants in the peninsula.

Tracie Pon
Peer PALS Coordinator and Outreach Associate

My family became active in NAMI after joining a small family support group back in the 70’s called “Parents of the Mentally Ill”. This tiny group of family members later became NAMI SMC. I joined NAMI SMC in 2015 after having a full career in radio broadcasting. I help with administration tasks and support the NAMI helpline. I think the support and education services that NAMI provides is crucial to our community. I am proud to be a part of NAMI.

I enjoy taking leisurely walks to the park with my golden retriever Angel, being with family and going to the beach whenever possible!

Debra Mechanic
Office Support

I started as a volunteer for NAMI SMC 4 years ago and now I work per-diem for them as the trainer and coach of our HelpLine volunteers. The reason why I wanted to teach was because I wanted to help volunteers become good at what I know that they can be and assist callers through their lived experience. Just last year we supported about 100 callers in one particular month. I also do Outreach when needed.

Being part of NAMI is important to me because I know that I also wanted to use my training in Psychology to help others and my friends and fellow coworkers in my previous job has given me the push I needed to pursue that goal. I believe NAMI is the best place for me to do that.

On my days off, I enjoy taking my Pug and Conure around for a walk. I also read a lot and listen to music from all genres.

Ken Tomiyama
HelpLine Trainer and Coach & Outreach Associate
I am originally from San Francisco. From an early age, I have always experienced paranoia. The root causes of my disability have always been a different thinking capacity. During High School I was supposed to be drafted, but instead I secured a Merchant Marine Document from the United States Coast Guard. I worked for the Military Sea Transport Service as a civilian crew member bringing troops to Vietnam from the Oakland Naval supply center. After completing my duty with MSTS I suffered a catastrophic breakdown when I was diagnosed with Schizophrenia.

While experiencing extreme stigma and symptoms, I entered the Caminar Rehab program and accepted their supportive housing assistance, and moved to Belmont, CA. After graduating from the Caminar program I was able to work for them as an Assistant Case Manager due to the Working Recovery Model they have, that stated that Peers with Lived Experience and Empathy would make the great workers for years to come. This model was embraced by Behavioral Health and Recovery Services of San Mateo County over a Medical Model. Within this model there are various stages and I am at the stage we call “WELLNESS AND LIVING A FULFILLING LIFE” while developing coping skills to better function. After leaving Caminar, I started working for the National Alliance on Mental Illness in San Mateo County or NAMI SMC. Here I am a speaker for the In Our Own Voice presentation and I also teach the Peer to Peer class. I really enjoy co-facilitating the Connection support groups as well.

One of the Positive structures in my Life is being a Board Member of the Drop in Center at a sister Mental Health nonprofit called Heart and Soul. We enjoy providing a Stigma free environment for consumers. I am proud of my work at NAMI SMC because I am helping peers in their Journey to Recovery.

I have been working for NAMI San Mateo County for eight years as a Connections and Peer-to-Peer Co-Facilitator, Help-Line Resource Specialist and Connections Coordinator. I lead NAMI’s support and education groups and as a Helpline Specialist, I am one of the first points of contact for obtaining resources within the community. I have a master’s degree in special education and work as a substitute teacher. While working in the public school system, I noticed that there was no awareness training for educators to help them deal with student mental health issues. It wasn’t until a required County “Youth Mental Health First Aid” training that I knew I wanted to become an instructor myself. I continued to become a Wellness Coach for the County for a program that aimed to improve mental health outcomes for those with chronic behavioral health and physical health conditions. I got certified as a Wellness Recovery Action Plan developer and intend to become a State certified as a Peer Counselor. I am always looking for new ventures within NAMI’s broader network or within the affiliate because I believe strongly in the organization’s mission.

I am also studying to become a Dance Therapist. Dancing is my number one passion, alongside traveling, hiking, and hanging out with family and friends.
I am NAMI San Mateo County’s Helpline Operator. As a peer with lived mental health experience, my passion lies in helping people. I began working at NAMI San Mateo County in March 2023. I chose to work for NAMI after attending the peer support group Connection, and in spite of redundancy, finding connection through this group. I am a graduate of UC Davis and Skyline College. I have completed the Peer Counseling class offered through Caminar Supported Education and College of San Mateo Distance Education.

I enjoy spending time with my family and getting outdoors in nature. I also lead a meditation group at California Clubhouse twice a week, where I am a member. I am working towards receiving my Peer Support Specialist Certification.

I assist with managing registrations and our popular waitlists for our Family-to-Family and Peer-to-Peer classes. I also serve as the first point of contact for new volunteers, assessing their skills and areas of interest within our organization. Lastly, I manage all volunteers for our annual NAMI Walk.

After my time as a video producer, where I produced online events and webcasts, I became a mom and had my 2 kids. I was a full-time mom, but also actively engaged in various volunteer activities within their schools and the community. As my children grew older, I began to search for a meaningful outlet to channel my energy. With an older sister facing mental health challenges, discovering NAMI resonated deeply within me. Instantly, it became a cause close to my heart and is the perfect organization for me to invest my efforts and find fulfillment. I have been with NAMI for almost a year and have really enjoyed meeting new people and learning more about the many facets of mental health.

When I’m not working, I like to entertain, work out, and take my dogs to local dog parks. I also enjoy a good tarot card reading.

My first visit to a NAMI San Mateo office was more than 30 years ago. I intended to get help for my family - we were struggling with my brother's battle with schizophrenia and nothing we'd done thus far had helped him. I was the eldest of three siblings and the most convinced that there was help "somewhere out there". My generation, the forefront Baby Boomers, in addition to believing we could end the Vietnam War, also believed other injustices could be ended. Hence my visit to NAMI.

At NAMI I found kind, helpful volunteers who were also seeking to help their loved ones in their struggles with serious mental illness. I joined that group of volunteers and as NAMI developed education programs for family members to help them understand and cope with mental illness, programs for persons dealing with their own illnesses were offered. That program, Peer-to-Peer, was where I was most active and enjoyed a deeply satisfying leadership role. Today I am fortunate to see my brother's illness mellow as he ages. My current role with NAMI (thanks to technology) allows me to work from home helping to produce the organization's newsletter.

I first became acquainted with NAMI SMC in 2015 when I took their Family-to-Family course. That started me on a journey of learning as much as I could about the various treatment approaches for mental illness. In 2018 I was given the opportunity to take over the production of the NAMI SMC newsletter which I gladly accepted, recognizing the impact it could play on the lives of others caring for someone with mental illness. I like to add extra bits of information into the newsletter that will enable people to hopefully have that "Ah-Ha" moment and lead them to a new understanding of mental health conditions or a new method of treatment for their loved one.

When I'm not writing I take my daughter out to various events to help her stay connected with others as well as staying engaged in physical activities. She beats me at Badmington 99% of the time! As you can infer from my profile picture, I have a passion for playing guitar. For me it's a form of meditation…“Quiet the Ego and become the Note.”
Meet our NAMI SMC
Board of Directors

Chris Rasmussen is the President of the NAMI San Mateo County Board of Directors. He is a retired police officer with over 30 years of service. During his various assignments he has worked in Public Relations, Homeless Outreach, and with Mental Health issues in the community. He is currently the Policy & Procedure Administrator for Public Safety at Stanford University. He is currently Chair of the San Mateo County Behavioral Health Commission, the Past-President of the San Mateo County Sheriff’s Activities League Board of Directors, has served on the Redwood City Downtown Streets Team Community Advisory Board and has over 20 years of working with non-profits in the community.

He is a strong advocate for mental health and homelessness crisis solutions, especially restructuring law enforcement systems of response to mental health crises. He is a proponent of non-armed crisis team response as well as an advocate for more mobile mental health services for our unsheltered community.

Kim Gariepy is our recently appointed Treasurer and Board Member at NAMI SMC. She is responsible for overseeing the process for keeping and maintaining adequate books and records of accounts of the properties and business transactions. As such, she will be chair of the Finance Committee who's responsibilities include preparation of budget, development of fundraising plans and ensuring financial information is readily available and accurate. Kim has worked in the pharmaceutical industry for the last 17 years bringing novel therapeutic options to underserved patient populations in Oncology, Rare Diseases and Neuroscience. Her career spans across the US and Canada where she also completed a bachelor degree in Finance and an MBA in Strategic Marketing. Her desire to work and give back to the community comes primarily from her lived experience as a caregiver to her husband's mental health challenges and recovery journey. When she is not addressing unmet patient needs or serving her NAMI community, Kim loves cycling, paddling, snowboarding and hiking the great outdoors or go on long walks with her husband and French Bulldogs, Maple and Billie Jean.

Kate Phillips has spent two years on the Board in a wide variety of roles, perhaps most importantly serving for two years as Board Chair of Resource Development. In this position, which includes overseeing fundraising, she has hosted events, raised corporate and individual donors for our annual Walk, and is always working to raise our profile in the community. Kate received her bachelors degree as a scholarship, work-study student at Dartmouth College and her PhD from Harvard University in American Studies, starting out as a professor of American history, ethnicity, and literature. For most of her career she has been a writer, publishing the novel White Rabbit with HarperCollins and the biography Helen Hunt Jackson with the UC Press. She is currently selling a coming-of-age memoir mainly about an abusive, MeToo-type relationship she survived in her twenties.

Kate is the proud mom of two grown sons. She has enjoyed living and travelling abroad, loves to walk and talk with her girlfriends, and is interested in interior design. Kate began to have serious mental health problems in 2015, and is currently three years in remission from Bipolar 2 symptoms.
Dr. Jennifer Myers Harrison
Staff Psychologist & Trainer
Board of Directors Member

Dr Harrison is a Board-Certified Licensed Psychologist and a Board-Certified Registered Art Therapist. She holds standing as a Diplomat for the American Academy of Experts in Traumatic Stress. She also holds a Doctor of Psychology in clinical psychology from Adler University, and she studied clinical psychology at Columbia University. She also holds a Master of Arts in Art Therapy from New York University. She specializes in trauma. She currently has a private practice in Burlingame and is the Training Director and Clinical Supervisor at Fremont Hospital. She conducts forensic evaluations for Alameda County and she is Adjunct Professor at New York University. She provides consult for NAMI SMC. Over the last 20 years she worked in a variety of settings including hospitals, community mental health clinics, and school-based settings with children, families, and individuals with complex problems.

John Paye
Board of Directors Member

John Paye is perhaps best known for his 1983-1987 years with the Stanford University and San Francisco 49er football teams, John’s success in athletics extended beyond his playing years. He continued as the winning coach of the Menlo School Varsity Girls’ basketball team, leading them to three consecutive CIF Division V state championships from 1989-1991. His sports celebrity enhances his successful real estate business which allows him to contribute his time to community-based organizations. He is generous with his time and support of organizations such as Safe Space Youth Action, an organization for young men providing an array of mental health services in supportive environments. Many of the participants are involved in sports that reinforce traditional male repressive emotional behaviors which are often detrimental. Safe Space provides a place for supported healthy emotional expression.

John’s real estate specialty is the sale of luxury homes, primarily on the San Francisco Peninsula. He can be reached at john.paye15@gmail.com.

Bianca Coleman
Board of Directors Member

Bianca Coleman is a dynamic and action-oriented accounting professional with 20+ years of experience in the biotech industry. She has proven ability to establish, build, and maintain trusted relationships with senior leaders, cross functional business partners, and key stakeholders. Known as a connector and collaborator, she has strong negotiation skills and an ability to influence. She is an advocate for mental health, equity, and inclusion, and strives to foster a culture of belonging where people can show up authentically in all spaces. She has also shared her personal mental health journey as a panelist for conferences and webinars hosted by Disability:IN and BurnAlong. As a NAMI SMC board member, Bianca is excited to join the finance committee and is committed to ensuring the integrity of the organization so that it can continue serving the community. Bianca holds a Bachelor of Science in Business Administration from California State University, East Bay, a Diversity and Inclusion Certificate from Cornell University, and is currently a Master of Education candidate at Colorado State University.

Personally, Bianca enjoys dancing, yoga, meditation, reading, crocheting, playing with her two rescue pit bulls, and being the number one cheerleader for her three children.

Yoko Ng
Board of Directors Member

Yoko Ng has been serving the local communities of immigrants from different walks of life in the Bay Area at county clinics, leading healthcare facilities, and social mental health facilities as a trilingual legal medical interpreter for over ten years. Besides coaching and teaching a career training program of healthcare interpreting at a local public college since 2011, she has dedicated her time to other community programs by joining the County Board of the Behavioral Health Commission since 2017, serving as the Chair of the Adult Recovery Committee since 2018, and being the Board Liaison of the Suicide Prevention Committee since 2018.

She believes human connections make a difference through public teaching, hearing lived experiences from others, and creating a path of healing journey from within. Since 2018, she has been a national certified instructor of the Adult Mental Health First Aid and the Youth Mental Health First Aid programs to raise awareness of mental health and resiliency within the population of San Mateo County.
To our very generous Donors (of 🐝 and 🌿) together with NAMI SMC Members & Volunteers, are the ❤️ of this organization

Thank You All for Your Time and Donations!!!

**- In Memory of Donations -**

Julia Ferrari from Frank & Teresa Lavin | Max & John Heffernan from Pat & Kate Belding Family, from The Schubiner Family, from Phil Lerner & Joyce Schnal

**- In Honor of Donations -**

Kate Phillips from Helen & Russell Pyne  
Kate Phillips from Andra Norris  
Ginny Traub from Martha & Lex Huberts  
Ginny, Carina & Maddie Traub from Susan & Steve Bell

**- Thank You to All of Our Volunteers -**

Ending The Silence: Desiree Orquie, Carolina Martinez, Ginny Traub, Andrea Sobel  
Peer PALs: John Pranys  
Familia-a-Familia (Latinx): Jesus Bonilla, Claudia Saggesse  
Program Facilitators: Mary Knopf, Jean Perry, Jill Johnson, Ruan Frenette, Joan Dower, Ginny Traub, Karina Marwan, Mee Chen, Christine Abraham, Pat way, Liz Downard, Mary Peek and Raquel Catpo  
Outreach: Vicenta Alvarado, Milagros Viernes  
General: First Impressions Printing

**NAMIWalks San Mateo County 2023 Acknowledgements**

**- Sponsors -**

Presenting Sponsors: Kate Phillips, Pardee Foundation  
Premier Sponsors: Baszucki Group, Kaiser Permanente  
Silver Sponsors: Franklin Templeton, Sutter Health, The Teddy Fund  

**- In Kind Donors -**

AMR Ambulance, A Runner’s Mind, Costco, First Impressions Printing, Ioni Arts, Lunardi’s Markets (Belmont), Metro Mobile Communications, Peet’s Coffee, Pro Bono Photo (Bruce Lescher, Jack Owicki, and Rachel Podlishesvsky), Recology, Safeway, Sensor E, Sports Basement, Starbucks, Stretch Labs, The Healthy Teen Project

**- $15K Challenge Donors -**

Sally & Mike Mayer

**- Community Partners/Agencies -**

Adolescent Counseling Services, Bay Area Community Health Advisory Council, Office or Consumer and Family Affairs / Behavioral Health and Recovery Services, Office of Diversity and Equity Behavioral Health and Recovery Services, Healthright 360, Heart & Soul, JobTrain, Kara, Safe Space, Star-Vista Crisis Center, SPCA & Peninsula Humane Society, Urban Paws, Voices Of Recovery San Mateo County
- **Walk Stars** -  
(Participants who raised $1,000+)
Aaron Morris, Andy Leventhal & Suzanne Nakamura, Bianca Coleman, Carolyn Rapier, Chris Rasmussen, David Marsland, Deb Heffernan, Deborah Concklin, Deborah Runyeon, Ellie Byrd, Ginny Traub, Haydi Danielson, Jennifer Harrison, Kate Phillips, Maggie Wilde, Matthew Boyle, Michele Goller, Michelle Trayer, Nancy Gittleman, Robert Taylor, Susan Rogers, Whitney Murphy

- **Team Captains** -  
Thank you to the 52 team captains who reached out to their friends, family, co-workers and community to spread mental health awareness

- **Volunteers** -  
Thank you to the 80 Volunteers who gave a total of over 150 volunteer hours. It takes a village and without volunteers, this event would not be possible. National Charity League (Skyline and Crystal Springs Chapters), St Matthew’s Catholic School, Our Lady of Angels School, National League of Young Men (San Mateo/Foster City Chapter), Capuchino High School, Junipero Serra High School, and many others who were either previous volunteers or heard about the event through word of mouth.

- **Logistics Support** -  
DJ’s Scott With, Brady With, and Riley With; Mike Shaffer, Duncan Grenier, Doug Heffernan, Denis Murphy, Michele Goller and David Hyman and Leslie Davis.

- **Walk Committee** -  

- **All NAMIWalks Participants** -  
Thank you all NAMIWalks Participants for showing up and joining us together for mental health.

- **NAMI SMC Outreach Table** -  
Patricia Neme, Vicenta Avila, Tracie Pon, Debi Mechanic and Ken Tomiyama & Donna + Youth Advisory Council Members  
Raquel Catpo & Wesley Liu

- **Opening Ceremony Speakers** -  
Sally Mayer and Carina Traub

- **Publicity from Local San Mateo County Cities** -  
Brian Cary - San Carlos, Justine Bleeker - Millbrae, Jeremy Kirshner - Burlingame

We want to express our heartfelt gratitude to everyone who contributed to our NAMIWalks event. While we did our best to include all, if we inadvertently missed anyone, please know that every individual’s role was crucial, and your participation is deeply appreciated.

We strive for the highest level of accuracy in capturing all donor information. If you have any corrections or updates, please email olivia@namisanmateo.org.
NAMI Basics is a free 6-session education program for parents, caregivers and other family members who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. It is not necessary that the child has received a specific diagnosis. This program is free to participants, 99% of whom say they would recommend the program to others.

Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained individual speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation. IOOV presentations are given to hospital psychiatric in-patient units, business and consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates, and interested civic groups.

Currently offering these FREE Classes, Presentations and Support Groups at Nami San Mateo (E = English / S = Spanish)

Classes
1) NAMI Basics / E & S
2) NAMI Family-to-Family (F2F) / E & S
3) NAMI Homefront
4) NAMI Peer-to-Peer (P2P) / E
5) NAMI Provider

Presentations with trainings
6) NAMI Ending the Silence (ETS) / E & S
7) NAMI In Our Own Voice (IOOV) / E
8) NAMI Family & Friends (F&F)
9) NAMI Sharing Your Story with Law Enforcement (SYSLE)
10) NAMI Crisis Intervention Team (CIT) Program / E

Support Groups & Support Programs
11) NAMI Connection Recovery Support Group / E
12) NAMI Family Support Group / E & S
13) Peer PALS / E
14) APEALS for High School Students / E

Information on these programs can be found at: https://namisanmateo.org/support
### SUPPORT GROUP MEETINGS

**NAMI Cordilleras MHR Center Family Group**, meets 1st Monday of the month (2nd if 1st is a holiday) from 6:30-8pm. Facilitators: Karina & Joan. To register, email: cordilleras6765@gmail.com  **Zoom Meeting Only**

**NAMI Parents of Youth & Young Adults,** (ages 6-26) meets 2nd Monday of the month from 7-8:30pm. Facilitators: Ginny Traub & Christine Abraham. To register, email: Parentsofyouyth@namisanmateo.org  **Zoom Meeting Only**

**NAMI Connections for Adults 18+**, meets every Monday from 7-8:30pm.  **Zoom Meeting Only**
To register, email nami@namisanmateo.org or call 650-638-0800.

**Café para Padres**  ultimo Martes de cada mes. Clinica Shasta, Contacte a Yolanda Ramirez al 650-599-1047.

**NAMI South County Family Support Group,** (Redwood City) meets 2nd Tuesday of the month in-person from 6-7:30pm. No pre-registration required - Drop ins welcome! Mental Health Clinic, 802 Brewster Ave, Redwood City, 650-363-4111. Facilitators: Pat Way & Liz Downard, RN MSN. email: southcountyNFSG@gmail.com

**NAMI Jewish Family & Services Support Group,** (Palo Alto) meets 2nd Tuesday of the month from 7:30-9pm. To register please complete this form: [https://bit.ly/NAMI-JFSG](https://bit.ly/NAMI-JFSG)  **Zoom Meeting Only**

**NAMI Spanish Speaking Family Support Group,** (East Palo Alto) meets 4th Tuesday of the month in-person from 6-7:35pm. Barbara Mouton Center, 903 Weeks St, East Palo Alto To register, email: cisaggese@hotmail.com or call 408-348-6864


**DBSA Mood Disorder Support Group,** for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. Meets every Tuesday from 7-9pm.  **Zoom Meeting Only**
Contact at 650-299-8880 (leave a message) or email: info@dbsaSanMateo.org  |  [www.dbsaSanMateo.org](http://www.dbsaSanMateo.org)

**Individuals Living With Their Own Mental Illness,** meets every Tuesday from 1-2:30pm.
Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111

**NAMI Connection for Older Adults 55+**, meets 1st Wed of the month 7-8:30pm.  **Zoom Meeting Only**
To register, email: nami@namisanmateo.org or call 650-638-0800

**NAMI Connection for Peers 18 & Over,** meets 2nd & 4th Wed of the month from 5-6:30pm. BurlPres Church, 1500 Easton Drive, Burlingame. Office door via Parking Lot. Walk Ins Welcome!

**NAMI Connection for Adults 18+**, meets 2nd & 4th Wed of the month from 5-6:30pm. BurlPres Church, 1500 Easton Drive, Burlingame. To register, email nami@namisanmateo.org or call 650-638-0800. (Open to all denominations)

**NAMI Spanish Speaking Family Support Group,** (Redwood City) In-person meets 2nd Wednesday of the month from 6-7:30pm. Mental Health Clinic, 802 Brewster Ave, Redwood City,
To register, email: vortega@smcgov.org or call 650-372-6118

**Jewish Support Group,** (open to all denominations), for those with mental illness and families and friends. Meets 2nd Wed of the month from 6:15-8:30pm. Info: call Carol Irwin 408-858-1372

**NAMI Connection for Adults 18+**, meets every Thursday from 7-8:30pm.  **Zoom Meeting Only**
To register, email: nami@namisanmateo.org or call 650-638-0800.

**NAMI Spanish Speaking Family Support Group,** meets every Thursday on Zoom from 7-8:30pm. To register, email: grupomopoyovirtual@namisanmateo.org  **Zoom Meeting Only**

**Coastside Dual Diagnosis Group,** (Half Moon Bay) Development for clients in all stages of recovery. Meets every Thursday from 4-5pm. Info: call 650-726-6369

**Body Image & Eating Disorders,** (Menlo Park) meets every Thursdays from 6:30-8pm. Open to family and friends. RSVP required. email: emlycaruthersmft@gmail.com More info: 408-356-1212 or email: info@edrcsv.org

**Chinese Family Support Group,** (in English, Cantonese, & Mandarin) meets 2nd Friday of the month from 6:30-8pm. For more info & registration, contact Tammy Vuong, ASW at 650-454-4711 or QVuong@smcgov.org

**Cluttering & Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs,** contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org.
Membership / Donation Form

Donate, renew or join NAMI SMC also at namisanmateo.org

☐ Individual Member ($40)*
☐ Household Member ($60)*
☐ Open Door Member ($5)*
☐ Renewal or ☐ New Membership  Amount Enclosed: $________

*A portion of your membership is sent to NAMI National and to NAMI California

☐ My Company has a Matching Gift Program: ____________________________ (company name)

Name _____________________________________________
Address ____________________________________________
City/State_________ Zip __________________________
Phone (________)_________ E-mail __________________________

Pay by: ☐ Check ☐ Visa ☐ MC Credit cards charged to billing address.

Credit Card#____________________ Expires_________ 3 Digit code________

Amount $____________ Signature________________________

How did you hear about NAMI?

☐ Family  ☐ Individual  ☐ Friend  ☐ MH Professional  ☐ Business or Agency

Please check all that apply: I/we am/are  ☐ Family  ☐ Individual  ☐ Friend  ☐ MH Professional  ☐ Business or Agency

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law.

Our Tax ID number is 94-2650681.

Thank you for being a part of the NAMI SMC family!
6 Tips for Staying Healthy this Virus Season

Reduce your risk of catching and spreading respiratory viruses like flu, COVID-19 and RSV.

Stay Up to Date on Vaccines
Vaccines are the best protection against severe illness. Visit MyTurn.ca.gov to schedule your vaccines or contact your health care provider.

- Flu and COVID-19 vaccines are available for everyone 6 months and older.
- RSV immunizations are available for infants and some young children, pregnant people and adults 60 years and older.

Stay Home if You’re Sick
Stay home and away from others if you have any symptoms of flu, COVID-19, or RSV.

Test and Treat
Test for COVID-19 and flu if you have symptoms. If you test positive, contact your health care provider and ask about medications. Medications work best when started right after symptoms begin. Learn more about COVID-19 treatments.

Consider Wearing a Mask
Consider wearing a mask in public indoor or crowded spaces especially if you or your family is at higher-risk for severe illness.

Wash Your Hands
Wash your hands often, with soap and warm water, for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Cover Your Cough or Sneeze
Cough or sneeze into your elbow, arm, or a disposable tissue. Make sure to wash your hands or sanitize and dispose of your tissue after.

Scan the QR code to see interactive links on this flyer

September 2023 • © 2023, California Department of Public Health
NAMI Grupo Virtual de Apoyo Para Familiares En Español

El Grupo de Apoyo Familiar de NAMI es un espacio seguro y confidencial para adultos con seres queridos que experimentan síntomas de salud mental. Al compartir experiencias, se pueden desarrollar relaciones de apoyo y ganar esperanza. Este grupo es gratuito y no tiene prejuicios.

CADA JUEVES DE 7 A 8:30 PM

DISPONIBLE EN ZOOM

FACILITADO POR JUANITA RUANO & LINDA ESPINOSA

Escanee este código para inscribirse o envíe un correo electrónico a grupoapoyovirtual@namisanmateo.org para obtener más información.
NAMI Virtual Family Support Group In Spanish

The NAMI Spanish Family Support Group is a safe and confidential space for adults with loved ones experiencing mental health symptoms. By sharing experiences, supportive relationships can be developed and hope is gained. This group is free and non-judgmental.

EVERY THURSDAY FROM 7 TO 8:30 PM

AVAILABLE IN ZOOM

FACILITATED BY JUANITA RUANO & LINDA ESPINOSA

Scan this code to sign up or send an email to grupoapoyovirtual@namisanmateo.org for more information.
San Mateo County
Peer PALS Program

What is Peer PALS Program?
The Peer PALS program supports individuals struggling with their mental health recovery by matching them with pals or mentors with lived experience. Together, Peer PALS embark on a 6-month partnership where they connect for 4 hours per week, either in person, by phone or through virtual meetings.

Who is a PAL?
A PAL is an individual with lived experience who feels committed to supporting another individual through their mental health journey. A PAL is NOT a therapist but is required to have peer support or mental health training prior to being matched with a Peer. A PAL must also demonstrate patience, empathy and understanding. Pals will be compensated for their time.

Who is a Peer?
A peer is an individual who has been diagnosed with a mental health condition or someone who is in the process of seeking mental health support for symptoms. Peers understand the difference between seeking support from a mental health professional and seeking support from a PAL. A peer must be currently receiving treatment or is open to receiving treatment. A peer must be 18 years of age to join this free program.

For more information, please contact
tpon@namisannmateo.org
650-638-0800
What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 8-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held (once) a week for two hours
- Taught by trained Peer Mentors living in recovery themselves
- A great resource for information on mental health and recovery

NAMI San Mateo County, the local organization of the National Alliance on Mental Illness, offers its NAMI Peer-to-Peer Education Program year round. Please call our office at 650-638-0800 for dates and times to register.

Participant Perspectives

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer.”

“Since taking the course I have gained employment and committed to my recovery.”

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it.”

Contact us to register for this NAMI SMC Peer-to-Peer class!

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI San Mateo County is an affiliate of NAMI California. NAMI San Mateo County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.
BAHVN Online Support Group Meetings

The SF Bay Area Hearing Voices Network (BAHVN) is a non-profit organization consisting of individuals who hear voices, see or sense things others don’t, and have other extreme or unusual experiences and beliefs. For more information contact our website: www.bayareahearingvoices.org

Monday Meetings:
Separate BAHVN support groups adults, family members, and transitional age youth (TAY, age 18-24) are now online. The 3 separate Support Groups meet Mondays from 6 to 8 pm.
To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page for the Monday group of your choice.

Tuesday Meeting:
BAHVN in partnership with HealthRIGHT360 of San Francisco offers an online adult support group Tuesday evenings from 6 to 8 pm led by trained facilitators with lived experience in the mental health system. HealthRIGHT360 is a family of integrated health programs that provides compassionate care and treatment to over 38,000 individuals a year through more than 70 distinct and culturally competent programs in 13 California counties, including San Francisco. For more information related to the HV group please call (1-415-814-9756).
To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page for the Tuesday group.

Wednesday Meeting:
BAHVN, in partnership with the Mental Health Association of San Francisco (MHASF), offers an online adult support group Wednesday evenings from 6-8 pm. The MHASF is a peer-led social justice community dedicated to progressive mental health issues for the past 70 years. The MHASF Peer-Run Warm Line (1-855-845-7415) is a non-emergency resource for anyone in California seeking emotional support. They provide assistance via phone and webchat on a non-discriminatory basis to anyone in need.
To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page for the Wednesday group.
Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video.

**Joining a Meeting**
1. Go to [https://zoom.us/join](https://zoom.us/join)
2. Enter your designated Meeting ID (The Meeting ID can be a 9, 10, or 11-Digit number). The Meeting ID should be provided by the host. *If dialing by phone dial 1 669 900 6833 and when prompted enter the Meeting ID.*
3. If prompted for a password enter the one that was assigned to the specific meeting you’re attending.
4. You’re in!

**ZOOM Help Center**: [https://support.zoom.us/hc](https://support.zoom.us/hc)

---

**ZOOM Chinese Family Support Group**

家庭互助组

**Purpose:** To provide psychoeducation & support on mental health, and to share community resources.

宗旨：每月一次的会议，提供心理教育和社区资源

**Target audience:** Family members of mental health clients

参加对象：心理健康患者的家庭成员

**Free Participation.** Group will be conducted in English, Cantonese, & Mandarin

免费参加，活动将会用广东话和普通话主持

**Location** 地址: ZOOM

**Time** 时间: 6:30pm-8:00pm

**Date** 日期: Second Friday of each month 每月的第二个星期五

**Facilitators:** 演讲者

Que Phan Vuong (Tammy), ASW

Tessa Kwan, AMFT

(650)454-4711

qvuong@smc.gov.org
APEALS is a new emotional and life skills group that provides teens a safe place to talk to peers dealing with similar issues. The group is led with the guidance of 2 Young Adult Peer Facilitators. These groups will help teens process what is going on in their lives so they can move forward in a healthier way. These may be things such as depression, anxiety, anger, stress, grief, isolation, bullying, etc.

With the main focus on social-emotional support, teens will use discussion and hands-on activities to address stress, resources, relationships, school, life's ups and downs, strengths, and resilience.

Contact us:
events@namisanmateo.org
650-667-1275
www.namisanmateo.org
<table>
<thead>
<tr>
<th>LESSON 1</th>
<th>LESSON 2</th>
<th>LESSON 3</th>
<th>LESSON 4</th>
<th>LESSON 5</th>
<th>LESSON 6</th>
<th>LESSON 7</th>
<th>LESSON 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Group</td>
<td>Challenges, Challenges</td>
<td>Personal Resources</td>
<td>The Whole Person</td>
<td>Life at School</td>
<td>Ups and Downs of Life</td>
<td>Searching for Strengths</td>
<td>The Bus Ride</td>
</tr>
<tr>
<td><strong>Lesson Goal</strong></td>
<td>Group members will leave today identifying a new way to deal with stress in a healthy and productive manner.</td>
<td>Group members will identify at least one internal resource they feel is a strength.</td>
<td>Group members will gain a better understanding of their relationships.</td>
<td>Group members will leave today understanding the ways their relationships impact their life at school.</td>
<td>Group members will identify their high and low points, establishing what helped them come through the difficult times.</td>
<td>Group members will identify at least one strength they can use to help make life better.</td>
<td>Group members will close by helping students identify how they have grown.</td>
</tr>
<tr>
<td><strong>Emphasis</strong></td>
<td>That students play an important role not only on this group but other groups as well.</td>
<td>To identify at least one area where they feel they have low resources and search for a solution.</td>
<td>To identify what relationships need to move “closer” and which need to move “farther away”.</td>
<td>To identify one new practical strategy to make their life better at school.</td>
<td>To learn how to navigate tough times but also imagine positive future outcomes.</td>
<td>To learn about our strengths to not only survive, but also thrive.</td>
<td>To identify ways they have grown but also remember what resources they have learned to help them in the future.</td>
</tr>
</tbody>
</table>
6 Consejos para mantenerse saludable esta temporada de virus

Reduzca el riesgo de contraer y propagar virus respiratorios como la gripe, el COVID-19 y el VSR.

**Manténgase al día con las vacunas**
Las vacunas son la mejor protección contra enfermedades graves. Visite MyTurn.ca.gov para programar sus vacunas o comuníquese con su proveedor de atención médica.

- Las vacunas contra la gripe y el COVID-19 están disponibles para todos de 6 meses en adelante.
- Las vacunas contra el VSR están disponibles para bebés y algunos niños pequeños, personas embarazadas y adultos de 60 años en adelante.

**Quédese en casa si está enfermo**
Quédese en casa y lejos de los demás si tiene algún síntoma de gripe, COVID-19, o VSR.

**Prueba y tratamiento**
Hágase un prueba de COVID-19 y gripe si tiene síntomas. Si su resultado da positivo, comuníquese con su proveedor de atención médica y pregunte acerca de los medicamentos. Los medicamentos funcionan mejor cuando se inician inmediatamente después de que comienzan los síntomas. Obtenga más información sobre los tratamientos contra el COVID-19.

**Considere usar una mascarilla**
Considere usar una mascarilla en espacios públicos en interiores o llenos de gente, especialmente si usted o su familia corren mayor riesgo de enfermarse gravemente.

**Lávese las manos**
Lávese las manos con frecuencia, con agua tibia y jabón, durante al menos 20 segundos. Si no hay agua y jabón disponibles, use un desinfectante de manos con al menos un 60% de alcohol.

**Tápese la boca y la nariz al toser o estornudar**
Use el codo, el brazo o un pañuelo desechable para taparse la boca y nariz al toser o estornudar. Asegúrese de lavarse las manos o desinfectar y desechar su pañuelo después.

Escanee el código QR para ver enlaces interactivos en este folleto

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