



Sarasota and  
Manatee Counties

## July News from NAMI Happy Independence Day!

### TOGETHER for Mental Health

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

[nami.org/minoritymentalhealth](https://nami.org/minoritymentalhealth)

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. Bebe Moore Campbell National Minority Mental Health Month was established in 2008 to start changing this.

For 2022's Bebe Moore Campbell National Minority Mental Health Awareness Month, NAMI will amplify the message of "Together for Mental Health." Together, we can realize our shared vision of a nation where anyone affected by mental illness — no matter their background, culture, ethnicity or identity — can get the appropriate support and quality of care to live healthy, fulfilling lives.



It's a new year and a new day for Mental Health. As a society, we're opening up to the conversation around mental health in new ways. With that in mind, we are thrilled to announce that the 2022 NAMIWalks Your Way Sarasota and Manatee is back! We will all gather on October 8, 2022 at Payne Park, Sarasota to show our local community that we are together for mental health.

Registration is live now. Get a head start on your 2022 fundraising by signing up today. <http://namiwalks.org/sarasotamanatee>

NAMIWalks is more than just an event – it's a movement. And your support makes it possible for us to provide critical programs and services to those in need. Because of you, local support groups can come together. Because of you, our warmline answers a call for someone in desperate need of information and resources. Because of you, people in our community know they are not alone.

We hope you will join us again this year. Together, we will take another giant step toward our goal of **Mental Health for All**.

Thank you,

NAMI Sarasota and Manatee Counties



988, the new three-digit number for mental health, substance use and suicidal crises, will be available nationwide by July 16, 2022. Once it goes live, 988 will connect people to trained crisis counselors that can provide de-escalation and mental health intervention services by phone, and ideally coordinate connections to additional services and help in their community. Learn more at <https://reimaginecrisis.org/>.

Additionally, Youth Move Suncoast is hosting a Bake Sale this Friday in support of 988. We hope you can stop by for some goodies!

**[HERE4YOU]TH**  
MENTAL HEALTH INITIATIVE



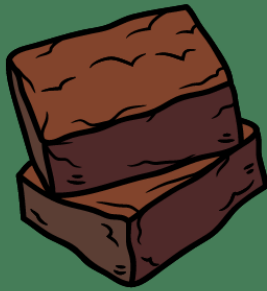
# 988 BAKE SALE

JULY 8TH AT 240B S TUTTLE AVE

Help us raise awareness for the new suicide prevention line, 988, going into effect July 16.

## OATMEAL RAISIN & CHOCOLATE CHIP COOKIES

1 COOKIE .....	\$3.00
2 COOKIES .....	\$5.00
3 COOKIES .....	\$7.00



## FUDGE BROWNIES

1 BROWNIE .....	\$4.00
2 BROWNIES .....	\$7.00
3 BROWNIES .....	\$9.00

Register at:  
[bit.ly/YMBakeSale](https://bit.ly/YMBakeSale)



National Alliance on Mental Illness

Sarasota and  
Manatee Counties

**There is so much going on in July at NAMI -  
check it out!**

[Connection Peer Support Group](#) meets online and in person every month.

To join or for more information please

visit <https://namisarasotamanatee.org/support-and-education/support-groups/connection-support-group/>.

# FAMILY SUPPORT GROUP

If you have an adult family member living with mental illness, you are not alone. Join us for our peer-led Family Support Groups

## I N - P E R S O N

Lakewood Ranch- **Every 1st Tuesday, July 5th 7:30-9:00pm** Our Lady of The Angels, 12905 SR-70 W, Lakewood Ranch

Venice- **Every 1st Wednesday, July 6th, 7:00-8:30pm:** Venice United Church of Christ, NAAR Hall, 620 Shamrock Blvd, Venice

Sarasota- **Every 3rd Thursday, July 21st, 6:30-8:00pm:** First Presbyterian Church, 2050 Oak Street, Sarasota, FL

## O N L I N E

**2nd Thursday, July 14th:** 6:30-8:00pm. Zoom meeting ID: 854-2511-6349.

**4th Monday, July 25th:** 6-7:30pm Zoom meeting ID: 411-700-5178.





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## WEEKLY PLANNER

# JULY 2022



**Saturday July 16th**

988 will be  
★ available  
nationwide

**Thursday July 21st**

★ at Noon  
YANA Birthday  
Celebrations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10am-11am</b> NAMI connections support group <b>11am-12pm</b> Dance class <b>12pm-1230pm</b> Lunch <b>12:30pm-12:50pm</b> Daily Meeting  <b>2pm-3pm</b> Women's group/Men's group <b>5pm-6pm</b> Vet 2 Vet online zoom meeting	<b>1st and 3rd Tuesday</b> <b>10am-11am</b> Eating for wellness <b>2nd and 4th</b> <b>Tuesday 10am-11am</b> Open Movement <b>11am-12pm</b> Centerstone: REACH <b>12pm-1230pm</b> Lunch <b>12:30pm-12:50pm</b> Daily Meeting <b>1pm-2pm</b> Centerstone: Anger Management <b>6pm-730pm</b> NAMI Connection Support Group	<b>1st and 3rd Wed</b> <b>10am-11am</b> Spanish Lessons <b>2nd and 4th Wed</b> <b>10am-11am</b> Mindtools <b>11am-12pm</b> Mindfulness <b>12pm-1230pm</b> Lunch <b>12:30pm-12:50pm</b> Daily Meeting <b>1pm-2pm</b> Dual Recovery <b>2pm-3pm</b> Home-grown garden project <b>6pm-730pm</b> SMART Recovery	<b>10am-11am</b> iRest- Rest and restore <b>11am-12pm</b> Art Class <b>12pm-1230pm</b> Lunch <b>12:30pm-12:50pm</b> Daily Meeting <b>1pm-2pm</b> Karaoke  <b>6pm-7:30pm</b> Online NAMI Connections Support Group	<b>10am-11am</b> Open Movement <b>11am-12pm</b> Emotions Anonymous <b>12pm-1230pm</b> Lunch <b>12:30pm-12:50pm</b> Daily Meeting <b>1pm-2pm</b> Music Group



★ **Monday July 4th**  
YANA will be closed on  
Independence Day  
★ **3:30pm-6pm**  
YANA Grill and Chill

★ = once a month  
activity

North County (Sarasota): 240B S. Tuttle Ave. Sarasota, FL. 34237 (941) 961-8857 Hours: Monday-Friday 9am - 3pm

South County (Venice): 1680 S. Tamiami Trail # C. Venice, FL 34293 (941) 993-9880 Hours: Monday/Wednesday/Friday 9am - 3pm

NAMI has an Amazon Wish List! Items on the Wish List support the YANA drop-in. <https://a.co/3AmMpbX>



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**Our mailing address is:**

2911 Fruitville Road, Sarasota, FL 34237

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