



April 2019

Our Mission

"to improve the quality of life for individuals with mental illness, their families and communities through mutual support, education and advocacy."

NAMI Walk this Saturday, April 6th in Knoxville



There is still time to donate or register for the NAMI Walk this Saturday. We are about \$8,000 away from our \$50,000 goal!

NAMI Chattanooga will be participating in the 2019 NAMIWalk Tennessee that will take place **April 6, 2019 at World's Fair Park in Knoxville, TN.**

The purpose of this walk is to increase mental health awareness and raise crucial funds for NAMI Tennessee affiliates.

To contribute online or register, click one of the following links. Then you can join the team or donate by clicking the "Support Us" button:

Chattanooga Virtual Walkers

<https://www.namiwalks.org/team/27030>

Sneakers for Stomping Stigma

<https://www.namiwalks.org/team/27048>

Gassing along with the Phillips

<https://www.namiwalks.org/team/27470>

The Chattabugs

<https://www.namiwalks.org/team/27035>

We appreciate your support!

Upcoming support group meetings

Tuesday, April 2

11:30AM - 1:00PM

Wally's Restaurant on Ringgold Rd

Tuesday, April 9

6:30PM - 8:00PM

Friendship House behind Hixson

United Methodist Church

5301 Old Hixson Pike, Hixson



Tuesday, April 16

6:30-8:00PM

Joe Johnson Mental Health Center

420 Bell Ave, Chattanooga.

Welcome Board Treasurer Laura Pierce



The NAMI Chattanooga board is excited to welcome Laura Pierce as our new treasurer!

We asked Laura to briefly introduce herself to our members:

"I joined NAMI meetings about eighteen months ago, during a mental health crisis period in our family.

NAMI was and continues to be an extreme comfort for me, knowing that there are others who understand some of the unique challenges that we face when learning to cope with mental illness in our family.

After about twenty years in the audit arena in public accounting, I decided I wanted to take a break. My plan included making no commitments for six months to decide what I really wanted to be a part of. Three days shy of my six month deadline, I was approached about joining the board as treasurer.

I'm so happy to be a part of this group!"

Register online for NAMI Homefront



NAMI Homefront is a free, six-session class for family, friends and significant others of Military Service Members and Veterans. The class helps families comprehend what the Military Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions. Topics covered include mental health, communication, handling crises, treatment and recovery.

The program is designed to help family members understand and support their Service Member/Veteran while maintaining their own well-being. NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member/ Veteran. The class is free but you are expected to attend all six sessions.

[Click here to register](#)

TSPN Regional Meeting



"Saving Lives in Tennessee"

The next regional meeting of the Tennessee Suicide Prevention Network will convene at 11:30 AM EST, Thursday, April 4, 2019.

Southeast Regional Office of the Department of Health, located at:
1301 Riverfront Parkway, Suite 209, Chattanooga, TN 37402.

At each regional meeting, a TSPN community partner will sponsor lunch and provide a presentation on its services.

Join NAMI Chattanooga



As a NAMI member, your voice counts. Simply by joining, you make your concern felt and your voice heard in Chattanooga, Nashville and Washington when lawmakers debate issues related to mental illness.

Current members, please consider renewing your membership for the year.

Find the membership form here: <http://www.namichattanooga.org/join.htm> or join online at <https://www.nami.org/Get-Involved/Join-NAMI/>