



nami

National Alliance on Mental Illness

Tarrant County

Tarrant County's Voice on Mental Illness

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Holiday Party is Here

Please come and join us for the annual NAMI Holiday Party on Thursday, December 18, 2014 at the University Christian Church beginning at 6:00 p.m. We will not be having support groups this night but will enjoy a time a Christmas Carols and Yuletide festivities. The meal will be catered by Woody Creek BBQ.

Your **RSVP confirmation is required by Dec. 15.** Please let us know if you are coming so we will be

able to provide enough food for those attending.

Please bring a plate of cookies to share with us for dessert!

Please call the office (817) 332-6677

Calendar:

NAMI Tarrant County
3136 W. 4th Street
Fort Worth, TX 76107
Ph. 817-332-6677 or
817-332-6600 (msg only)
info@namitarrant.org
www.namitarrant.org
Sue Adams, Office Mgr.

MyHome

is asking for immediate assistance.

There is a current need for new blankets. There is always a need for basic home supplies such as soap, toilet paper, daily cleaning supplies, mops, dishes and new linens such as towels and washcloths, dishcloths and dishtowels, pot holders, sheets. If there is anything you would like to bring to support the MyHome Project, please bring it to our next monthly meeting or drop it off at the NAMI office.



As always, donations for MyHome are also accepted to support those in need as they begin living in their new life in a new apartment.

CONTACT US!

Dec 15 –end of FTF and P2P classes
Dec 18 –Holiday Meeting
Dec 25 –Christmas Day

JOIN US...

Monthly Meeting, Thursday, December 18

Location: University Christian Church, 2720 S. University Dr, FW 76109
Fellowship Hall – First Floor

Catered meal and Program 6:00-8:30 pm

Topic: Holiday Celebration

Speaker:

Bring a friend. If you need directions, call or email the office.

Are you interested in leading a Support Group? Please call and let us know.

NAMI TC office
(817) 332-6677



NAMI-TC's MyHome Project provides a list of basic home supplies such as soap, toilet paper, mops, dishes and linens to MHMR caseworkers from which they may request items for their clients moving into their first apartment.

The MyHome Project is in need of more items as needs increase with the MHMR clients. It is also currently open to NAMI TC individuals with mental illness who move into their own home for the first time. Cash donations are also very appreciated. For further information and to apply, please contact Frances Allen at flaallen48@gmail.com.

Support Groups

Support is provided to both individuals and families insight into mental illness and how to more effectively cope with its impact on the family and reduce the stigma of mental illness within the family. A support group seeks to provide a place to confront fears; a place for validation; a place to learn and practice skills related to dealing with real-life issues which impact both individuals and families; a place to exchange information about mental illness and a place to network with other individuals/families about how they have solved problems and find help from the community that may be available.

- NAMI TC, Southlake -76092** **No Dec Meeting / Jan 5** **7:00 to 8:30 pm**
Family caregivers are invited to a support group meeting the **first Monday of every month**. **Location: White's Chapel United Methodist Church**, 185 S. White's Chapel Blvd. **New Room!** Park on the South or West side of the buildings and go to the Adult Education Building on the NW corner. Go up the steps and in the West door. Stay on first floor and turn to the left. Go to the end of the hallway for Room 3103. It's a large room also called Rawlins Hall.
- NAMI TC, Ft. Worth -76107** **No Dec Meeting / Jan 12** **7:00 to 8:30 pm**
Family caregivers are invited to a support group meeting the **second Monday of every month**. **Location: MHA-TC / NAMI office**, 3136 W 4th St.
- NAMI TC, Johnson County** **Dec. 11 / Jan 8** **7:00 to 8:30 pm**
Family caregivers and consumers are invited to support group meetings the **second Thursday of every month**. **Location: Joshua City Library** located on the High School Campus in Joshua. The address is Highway 174.
- NAMI TC, Ft. Worth 76109** **Dec 18 / Jan 15** **6:00 to 8:30 pm**
Family caregivers and adult consumers are invited to separate support group meetings the **third Thursday of every month**. **Location: University Christian Church** located at 2720 S. University Drive, Park on the north or east side of the church as entry is on the east side. Registration is on second floor. The support groups are held prior to the monthly NAMI TC informative meetings.
- NAMI TC, Arlington** **No Dec Meeting / Jan 29** **7:00 to 8:30 pm**
Family caregivers are invited to a support group meeting the **last Thursday of every month**. **Location: Trinity UMC**, 1200 West Green Oaks Blvd. Enter at south door. Room S111 on 1st floor (NW corner).
- H.O.M.E., North Richland Hills** **Dec 7&14 / Jan 11/25** **5:15 to 6:45 pm**
Individuals with mood disorders and their loved ones are invited to a support group meeting **twice a month on Sunday**. **Location: The Hills Church of Christ**, North Richland Hills Campus in room 224.
- Caring Friends, Weatherford** **Every Tuesday** **6:00 to 8:00 pm**
Family caregivers and individuals with mental illness are invited to a support group meeting the **every Tuesday**. **Location: First United Methodist Church Weatherford** (Akard Hall), 301 S. Main. Enter door at corner of Columbia and College Ave.

At the monthly meetings, lists for additional support groups for consumers and caregivers are also available at the information tables.

