Our Mission

To improve the lives of the citizens of Bucks County who suffer from a serious mental illness or, as family members and caregivers, share the burden of these devastating illnesses.

Our mission is accomplished through programs designed to support, educate and advocate for individuals with a mental illness and their family members. We strive to educate the public about the true nature of mental illnesses and combat the stigma and discrimination often faced by people with these serious brain disorders.

Our programs educate individuals with mental illness to better understand their illness, stressors, and how to live in recovery. We help families to understand and be supportive of loved ones with mental illness. We also advocate for training of teachers, law enforcement, and first responders to recognize and respond appropriately to individuals with mental illness.

Inside this issue:

- Announcements: 2
- Contributions 3
- Poetry/Stories 4
- Support Groups 4
- Connection 4
- Support Groups 5
- Peer to Peer 5
- Family to Family 6
- Help Wanted 6
- Stride 6
- Awards 7
- Mental Health Series 8
- Peer to Peer 9
- Family to Family 10
- Calendar 11

Smoking Cessation

Andrew O'Brien, MS, LPC, CAADC, CTTS, CTTS-M

Thursday, February 15, 2018 at 7:00 P.M.

Please join us on February 15, 2018. Andrew O’Brien, MS, LPC, CAADC, CTTS, CTTS-M will be discussing Smoking Cessation. Andrew’s work as a therapist focuses on substance use disorders, co-occurring disorders, and tobacco dependence treatment. His background also includes work training and supervising clinicians on substance use disorders and co-occurring disorders, as well as tobacco dependence. Addiction is an often misunderstood condition that affects millions of Americans each day. The impact on the individual’s life, as well as on their family is usually profound. The stigma associated with addiction is equally impactful.

Abington Memorial Health Center, Warminster Campus
(Formerly Warminster Hospital)
Main Conference Room (Ground Floor)
225 Newtown Rd., Warminster, PA 18974
Call 1-866-399-NAMI (6264) for further information

Tobacco and Smoking

NAMI Website
People living with mental illness have a high rate of smoking. In America, 44.3% of all cigarettes are consumed by individuals who live with mental illness and/or substance abuse disorders. People with schizophrenia are three to four times as likely to smoke as the general population.

Smoking is known to cause heart disease, stroke and lung disease, among other medical problems. Second-generation atypical antipsychotic medications (SGAs) cause an increased risk of heart disease, so it's important that individuals living with mental illness quit smoking. Every year, smoking kills about 200,000 people who live with mental illness. Also, smoking increases the breakdown of medicines in the body, so smokers often need to take higher doses to get the same results as someone who does not smoke. If a smoker quits, they can usually get the same treatment results from lower doses of psychiatric medications.
Announcements

NAMI of Bucks County is part of United Way Donor Choice Program

Donors can designate a gift to NAMI of Bucks County via a Donor Choice during United Way’s Annual Campaign. Our organization code is #14632 and is only valid for the United Way of Southeastern Pennsylvania. PLEASE NOTE: BE SURE TO USE THIS NUMBER IF YOU WANT YOUR DONATION TO BENEFIT THE NAMI BUCKS COUNTY, PA CHAPTER.

Designate NAMI Bucks to Receive Donations through EBAY Giving Works

Sellers on EBAY can now designate all or a portion of the proceeds from an EBAY sale to benefit NAMI of Bucks County. When listing your item, go to the Sell Your Item form on EBAY. In the "Pictures & Details" section, click the "Add" link in the area titled "Donate percentage of sale." Choose your organization “NAMI of PA, Bucks County Chapter” to receive the proceeds or a portion of the proceeds.

WE ACCEPT CREDIT CARDS
Renew your Membership or Make a Donation to NAMI of Bucks County

You can become a new member, renew your current membership and/or make a donation to NAMI with your credit card, through the mail, or telephone. Visit our website at www.info@namibucks.org for details or call Debbie at 1-866-399-NAMI (6264) for an application.

Please NOTE: Your Membership renewals are processed quarterly; so you will be notified when your current membership is due to expire. Please do not renew your membership until you receive notice. If paying by check, we would appreciate if you would note in the memo section of your check whether it is a donation, membership renewal or both. We appreciate your help.

Visit us on Facebook & Twitter

NAMI Bucks now has a Facebook page. Please visit us, join in the conversation and stay up to date on the latest news. NAMI of PA, Bucks County Chapter, Twitter NAMI PA Bucks County @NAMIBUCKS
Thank You for Your Contribution

We want to thank the following who have been so generous:

$1 to $25
Mary Cerny
Richard Dimichele
Saroja & Sam Ilangovan
Clarinda Koernig
Dolores Kwacz
Maryann Mason
David & Sandra Miller
Margaret & Barb Minter
Beverly Rothstein
Charles Ryan
Charlotte Schultz
Carole Smith
Valerie Thierjung
Ambry Ward

$26 to $50
Michael Aisenstain
Paul & Geraldine Bujwid
Donald Cooper
Kellie Davies
Elisabeth Fields

$26 to $50 Cont’d
Rich & Carol Jensen Garcia
Joan & Beth Jester
Mark & Denise Kolber
Mr. & Mrs. Lawler
Thomas Mallouk

$51 to $100
Mary Beth Nash
Sheree Ross
Karen & Lawrence Rush
Christyne Silverdis

$101 to $250
Ann Brentano

$251 to $500
David Murray
Mark Tomkovicz

$1,001 to $2,000
McMaster-Carr Supply Company

$2,001 to $4,000
Women’s Lawyers Division of the Bucks County Bar Association

$4,001 to $5,000
Nicholas J & Celeste G
Karamatsoukas Family Foundation

Donations in Memory Of Alexander Block

$1 to $25
Linda Baker
Penny Bender
Dr. David & Frances Cone
Dorothy & Melvin Egber
Gregg Felixon
Paul Felixon
Richard Friedman
Sandy & Barry Friter
Bruce Goodman
Howard Goodman
Carson & Lisa Harm
Thomas & Janet Harm
Bernard & Barbara Hoffman
Deborah Guralick
Nancy Januszewski
Marsha Johnson
Shirley Malitz
Sharon Mirchandani
Beverly Rhodes
Robin Ribauck
Mike & Mona Sandman

$1 to $25 Cont’d
Brenda Schrier
Claire Sternhein
Linda Wishner
Barbara & Ron Berg
Beth Dossick
Margaret Clark
Marilynne Flaqueer
Alan Frankel
Louis Grafton
Jeffrey & Barbara Katzman
Michael Klalick
Randi Klazmer
Miriam Mills
Miriam Robin
Gregg Shore
Rachel Schofer
Arden Stern
Kate Swan
Adam Weitz
Dara Wells

$251 to $500
Sunny White
David & Roslyn Wynne

$51 to $100
Harry & Sherry Apgar
Roaslie & Joe Calvaruso
Doylestown Counseling Associates
Stanley Dudek
Shirley Frankel
Kathleen Ochal
Barbara & Steven Rummel
Sal & Phyllis Sambar
Barbara Wasserman

$101 to $250
Laurie Frankel

$251 to $500
Linda Chadwick
Andrew & Nancy Frankel

Your continuing contributions are important in sustaining our advocacy. NAMI welcomes and appreciates any amount that people can afford. Keep in mind when making your donation that many companies will match employee gifts. If you have not already contributed, please do so by sending your tax deductible donation to: NAMI of Bucks County, P.O. Box 355, Warrenton, PA 18976-0355
Give us your Poems, Stories, Anecdotes, Articles

We would like to include your poems, personal stories, anecdotes and articles in the Chapter Newsletter. Send them to NAMI of Bucks County, P.O. Box 355, Warrington, PA 18976-0355 or send by e-mail to info@namibuckspa.org.

Sams Journal Entry
of November 25, 2017
By Syliva Sam Lynde

Self-talk and thoughts, like self-harm, need attention, too.
Just like forcing a smile can become an actual smile, positive words can only serve a positive mindset.
Our words illustrate what we are, even though we don't completely buy it, positive talk shapes and prepares us for coming into the light.
To give substance to a positive stance is the first step out of the darkness of our convicting, negative words which keep us down.
Accentuate the positive to pave that path out of the pit and into the light which may only shine dimly and flicker early on.
But the positive effort becomes more and more convincing and self-affirming.
And you may just find, after the shackles fall away, you are convinced of your own worth and that you need not be held back any longer by grim and un-sustaining words and thoughts.
The light is always there and is more powerful than any darkness could ever be.
Shine.

NEW DAYTIME GROUP IN YARDLEY

Support Group is open to all adults with mental illness, regardless of diagnosis.
The NAMI Connection group offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.
Each group:
• Meets weekly for 90 minutes
• Is offered free of charge
• Follows a flexible structure without an educational format
• Does not recommend or endorse any medications or other medical therapies
Connection group meets every Tuesday at 6:30 pm at the NAMI Office, 600 Louis Drive, Suite 106, Warminster, PA 18974.

New group meets on the 1st and 3rd Monday afternoon at 3:00 at the Makfield Executive Quarters, 301 Oxford Valley Rd, Suite 1001A, Yardley, PA 19067
For more information, please call 1-866-NAMI (6264).
Family to Family Support Group

Our Family support groups continue to run twice a month. Our Central Bucks group meets at the Doylestown Mennonite Church at 590 N. Broad Street, Doylestown, PA 18901 at 7:00 PM. This group will meet on the 2nd and 4th Thursday of the month. Our Newtown group continues to meet on the first and third Monday at The Crossing Community Church at 80 Silver Lake Rd., Newtown, PA at 7:30 – 8:30 PM. Registration is NOT required for either group.

NAMI CAN / MY Life Too

NAMI CAN/My Life Too support group offers a support group for parents or caregivers of youth involved in the My Life Program and any parent or caregiver of a child/adolescent up to age 23 needing support.

MY LIFE TOO is a group providing support, education and resources for parents, caregivers and other adult supporters of all youth and those who have experience with mental health, developmental disabilities, substance abuse, foster care or juvenile justice issues. Meetings are scheduled and held concurrently with the My-Life BUCKS meetings. The group will meet at the Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital. Group meets at 5:30 pm on the second Thursday of the month. For more information, please call 1-866-399-NAMI(6264), or email info@namibuckspa.org

MY LIFE
Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE)

(MY LIFE) offered to youth between the ages of 13 and 23 who have experience with the following issues:
- Mental health.
- Substance abuse.
- Juvenile justice.
- Foster care.

MY LIFE is helping to improve mental health, substance abuse, foster care and juvenile justice systems. It gives youth the chance to become leaders in their communities. The group will meet at the Abington Memorial Health Center, Warminster Campus, (Formerly Warminster Hospital) 225 Newtown Rd., Warminster, PA. Group meets at 5:30 pm on the second Thursday of the month. For more information, please contact: Marissa Gates MI.Gates@magellanhealth.com

Our Peer-to-Peer Education program will be offered beginning March 7, 2018 in Warminster and March 8, 2018 in Perkasie. NAMI Peer-to-Peer is a free, 10-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

If you are interested in taking the Peer-to-Peer Recovery Course, please call 1-866-399-NAMI(6264) to register. The program is free but REGISTRATION IS REQUIRED. Class size is limited and fills up quickly.
NAMI Bucks County will be offering Family-to-Family Education Classes in Warminster beginning March 7, 2018. NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The purpose of this course is to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life changing.

Teachers, trained to facilitate the course, are also family members and can relate to what it is like to have a loved one living with mental illness.

If you are interested in taking this course, please call 1-866-399-NAMI(6264). **REGISTRATION IS REQUIRED**

**Young Adult Ending the Silence Presenters Needed**

Our “Ending the Silence” program is growing as does our need for young adult presenters. This program educates middle/high school students about Mental Illnesses, how to be supportive of a family member, friend or even themselves. Part of the presentation includes young adults 34 or under that speak about what school was like when they were dealing with mental health challenges. The ability to share what helped, what did not help and what could have helped. We offer training and support with sharing your personal lived experience and stories of recovery. If you are interested in becoming a youth presenter, or would like more information, please call Laurie Pepe at 215-913-0479 or email at lpepe@namibuckspa.org

**NAMI Bucks Searching for New Board Members**

Nominations for Board candidates are now open. As we look to strengthen and diversify our organization, we strive for Board members possessing a range of skills in areas including but not limited to financial, legal, legislative advocacy and fundraising. We are also looking for diversity of age, race, and ethnicity and sexual orientation. Criteria for eligibility are:

1. Be a member in good standing of the affiliate
2. Be willing to attend and participate in monthly Board Meetings and all committee assignments
3. Be willing to promote the NAMI mission

For more information or if you are interested, please contact Debbie Moritz at info@namibuckspa.org or 1-866-399-6264.

**Stride for Mental Health Awareness 2018**

NAMI PA, Bucks County is happy to announce that this May 12, 2018, we will be holding our fourth annual awareness-raising, fund-raising stride and fun event, NAMI of Bucks County Stride for Mental Health Awareness.

We plan to use this occasion to raise awareness of the early warning signs of brain disorders, the need for better treatment and more supportive services for individuals with mental illness and their family members, as well as to raise funds for the work we do in Bucks County.

Our planning committee is already busy at work planning this event. There is much to do and we need your help to make this a successful event. If you are interested in working on this committee, please call our office at 866-399-6264.
NAMI Bucks Presented with the William H. Eastburn, III Award by the Bucks County Bar Association

The National Alliance on Mental Illness of Pennsylvania, Bucks County Chapter (NAMI) recently was awarded the William H. Eastburn, III Award by the Bucks County Bar Association. This award recognizes a person or entity who has made significant contributions to the Bucks County system of justice. NAMI received this honor for its overall service and advocacy in the area of mental health, with particular emphasis on its Crisis Intervention Team (CIT) training. In 2006, NAMI first brought the idea of CIT training to Bucks County’s Behavioral Health Department. With the help of County officials, mental health professionals, and local law enforcement officers, the program has grown since that time, with its seventeenth class graduating last fall. CIT training helps law enforcement and first responders to recognize and respond appropriately to individuals with mental illness. Officers learn how to de-escalate a crisis, resulting in fewer injuries to responding officers as well as the affected individuals and bystanders and how to refer the individuals to appropriate treatment.

Pictured Left to Right: NAMI Board Member Grace M. Deon, Esq., Women Lawyers’ Division Chair Charissa Liller, Esq., NAMI Board President Joanne M. Murray, Esq., NAMI Board Member Melissa McDermott, and Julie Goldstein, Esq.

Photo used with permission of the Bucks County Bar Association

NAMI Bucks Awarded Grant by the Women Lawyers’ Division of the Bucks County Bar Association

The National Alliance on Mental Illness of Pennsylvania, Bucks County Chapter (NAMI) was recently awarded a grant for $3,750 by the Women Lawyers’ Division of the Bucks County Bar Association. The BCBA Women Lawyers’ Division selected NAMI as the Division’s 2017 beneficiary for proceeds raised from its 2017 fundraising initiatives. This grant will be used for NAMI’s Ending the Silence program, an evidence-based prevention and intervention program that engages middle school and high school students in a discussion about mental health. NAMI Board President and BCBA Member and Past President, Joanne Murray, was on hand to accept the award along with fellow NAMI board members, BCBA Past President Grace Deon and Melissa McDermott.


Photo used with permission of the Bucks County Bar Association
Doylestown Health Presents: 2018 MENTAL HEALTH SERIES
BEGINNING JANUARY 10, 2018

JANUARY 10 - MENTAL HEALTH 101
FEBRUARY 7 - UNDERSTANDING ANXIETY AND DEPRESSION
MARCH 7 - MENTAL HEALTH IN SERVICE MEMBERS AND THEIR FAMILY
APRIL 4 - UNDERSTANDING AND OVERCOMING ADDICTIVE BEHAVIORS
MAY 2 - IMPACT OF SUBSTANCE ABUSE ON THE FAMILY
MAY 23 - QPR TRAINING FOR SUICIDE PREVENTION
JUNE 6 - COPING WITH LOSS
JULY 11 - EATING DISORDERS IN 21ST CENTURY
AUGUST 1 - SLEEP: ESSENTIAL TO WELLBEING
SEPTEMBER 5 - SUICIDE PREVENTION: BREAKING THE SILENCE
OCTOBER 6 - MENTAL HEALTH CONFERENCE

PRESENTATIONS WILL BE HELD THE 1ST WEDNESDAY OF EVERY MONTH IN CONFERENCE ROOM J, 4:30-5:30PM.

SPEAKERS INCLUDE PROFESSIONALS FROM NAMI, LIVENGREN, LENAPE VALLEY FOUNDATION, COUNTY OF BUCKS, AND DOYLESTOWN HEALTH BEREAVEMENT
What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 10-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 Bucks County, the local organization of the National Alliance on Mental Illness, will offer its NAMI Peer-to-Peer Education Program for the Spring, beginning March 7, 2018 at 7:00 PM in Warminster and March 8, 2018 in Perkasie at 6:30 PM

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 Peer-to-Peer class!

PA, Bucks County

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 (Affiliate Name) is an affiliate of NAMI (State). NAMI (Affiliate Name) 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.

Debbie Moritz
NAMI Bucks County
1-866-399-NAMI (6264)
info@namibuckspa.org
www.namibuckspa.org
What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

NAMI of Bucks County, the local organization of the National Alliance on Mental Illness, will offer its NAMI Family-to-Family Education Program beginning Wednesday Evenings, March 7, 2018 in Warminster. Classes will start at 7:00 PM.

Participant Perspectives

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”

Contact us to register for this NAMI Family-to-Family class!

Debbie Moritz
NAMI Bucks County
1-866-399-NAMI (6264)
info@namibuckspa.org
www.namibuckspa.org

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 [Affiliate Name] is an affiliate of NAMI [State]. NAMI [Affiliate Name] and dedicated volunteers, 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.
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<th>Date</th>
<th>Group Name</th>
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<tr>
<td>February 8 &amp; 22</td>
<td>NAMI FAMILY SUPPORT GROUP</td>
<td>Doylestown Mennonite Church</td>
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<td>Doylestown, PA 18901</td>
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<td>February 5 &amp; 19</td>
<td>NAMI FAMILY SUPPORT GROUP - Lower Bucks</td>
<td>Crossing Community Church</td>
<td>7:30 - 9:00 pm</td>
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<td>March 8 &amp; 19</td>
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<td>Feb, Mar 8 &amp; April 12, 2018 - 5:30 P.M.</td>
<td>NAMI – CAN/My Life Too – Parent Support Group</td>
<td>Abington Memorial Health Center, Warminster Campus, (Formerly Warminster Hospital) 225 Newtown Rd., Warminster, PA</td>
<td>5:30 P.M.</td>
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<td>Feb, Mar 8 &amp; April 12, 2018 - 5:30 P.M.</td>
<td>MY LIFE – Magellan Youth Leadership Inspiring Future Empowerment</td>
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<td>February 6, 13, 20, &amp; 27</td>
<td>NAMI Connection Recovery Support Group</td>
<td>Support group for adults with mental illness, regardless of diagnosis. NAMI Office at 600 Louis Drive, Suite 106, Warminster, PA</td>
<td>3:00 – 4:30 PM</td>
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<td>March 6, 13, 20, 27</td>
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<td>February 5 &amp; 19</td>
<td>NEW GROUP NAMI Connection Recovery Support Group</td>
<td>Support group for adults with mental illness, regardless of diagnosis. Makefield Executive Quarters, 301 Oxford Valley Rd, Suite 1001A, Yardley, PA</td>
<td>3:00 – 4:30 PM</td>
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<td>February 15, 2018</td>
<td>NAMI Bucks Forum</td>
<td>Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) 225 Newtown Rd., Warminster, PA</td>
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<td>Abington Health Center, Warminster Campus (Formerly Warminster Hospital)</td>
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<td>March 7, 2018 - Warminster &amp; March 8, 2018 - Perkasie</td>
<td>Peer-to-Peer Education Program</td>
<td>For more information and locations call 1-866-399-NAMI (6264)</td>
<td>REGISTRATION IS REQUIRED</td>
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<td>March 8, 2018 Warminster 7:00 PM – 9:30 PM</td>
<td>Family-to-Family Education Program</td>
<td>For more information and locations call 1-866-399-NAMI (6264)</td>
<td>REGISTRATION IS REQUIRED</td>
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<td>May 12, 2018 9:00 – 1:00 P.M. Fonthill Park 130 E Swamp Rd. Doylestown, PA 18901</td>
<td>NAMI Bucks Stride for Mental Health Awareness</td>
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LET US HAVE YOUR E-MAIL ADDRESS
If we do not already have your e-mail address, or if your address has changed, please contact us so you we can add you to our email list. Each week, we e-mail time-sensitive information and late-breaking news.

We are on the Web
www.info@namibuckspa.org
Be sure to visit our website regularly for additional articles and updated information.

Chapter Toll-Free Helpline
1-866-399-NAMI (6264)

GoodSearch (powered by Yahoo) – Help NAMI National (NAMI, Arlington, VA) by simply searching the Internet and they will receive a share of the revenue generated by site advertisers. Make GoodSearch your default search engine by logging on to website www.goodsearch.com. Follow the instructions on how to install the GoodSearch toolbar and home page. Encourage family, friends and business associates to use GoodSearch.