

Having trouble viewing this email? [Click here](#)



## NAMI Messenger January 2013

[Visit Our Website](#)

### Come to the Party! Mid-Winter Party and Potluck Is Jan. 22

**Date and Time:** Tuesday, January 22, 2013 at 6:00 p.m.  
**Entertainment:** Lansing singer [Taylor Taylor](#).  
**Speaker:** Dr. Jeanette Scheid, MSU Dept. of Psychiatry  
**Location:** Ingham County Human Services Building, Conf. Room A, 5303 S. Cedar, Lansing, MI. (Enter door #3)

Please bring a dish to pass. Beverages and table service will be provided. We hope to see you for food, fun, and learning.

### Working toward Recovery for People with Schizophrenia: The Role of Positive Psychology

Positive psychology studies well-being and what makes life worth living. MSU School of Social Work and the Mruk Memorial Lectureship on Schizophrenia are offering a special seminar by Piper Meyer, PhD, from the University of North Carolina on the use of positive psychology to promote "...recovery from mental illness by building positive resources and strengths to improve well-being." For more details, visit our [blog](#). Also, please review the detailed course announcements in the MSU School of Social Work Continuing Education [catalog for Spring 2013](#).

**Date and Time:** Thursday, April 18, 8:30 to 4:30  
**Speaker:** Piper Meyer, PhD, "Working toward Recovery for People with Schizophrenia: The Role of Positive Psychology"  
**Location:** Eagle Eye Golf Club, 15500 Chandler Road, East Lansing, MI  
**Price:** \$125 if registered by April 11. Discounts for students/retirees (\$45) and others.

### In This Issue

[Mid-Winter Party](#)

[Working toward Recovery](#)

[Mental Health First Aid](#)

[Erasing Stigma](#)

[NAMI Support Groups](#)

[NAMI Conferences](#)

[Visit a Board Meeting](#)

### Membership

Your new or renewed membership includes subscriptions to NAMI *Advocate* and NAMI *Messenger*, online communities at [nami.org](#), and supports NAMI Lansing, NAMI Michigan, and the national organization. An individual membership is \$35. An open door membership is \$3. [Join or renew now!](#)

### Quick Links

**Register:** Through MSU School of Social Work [Continuing Education](#).

[Calendar](#)  
[Blog](#)  
[Support Groups](#)  
[Programs](#)  
[About Us](#)

[Join Our Mailing List!](#)

## Mental Health First Aid Classes

Community Mental Health is offering Mental Health First Aid classes. This course teaches specific steps in recognizing and responding to a person with a mental health need. This knowledge reduces fear and stigma surrounding mental illness. The course is useful for first responders, family members, law enforcement, health professionals, policy makers, and the general public. The classes will be offered January 31 - February 1 and March 5 - 6. View details [here](#) or contact Community Mental Health at 517-346-8238 for more information.

## Erasing Stigma

Actress and mental health advocate Glenn Close was honored in December on the nationally broadcast American Giving Awards show for her efforts to combat the stigma faced by persons living with mental illness. She helped found [Bring Change 2 Mind](#) to erase the discrimination and stigma associated with mental illness. Her sister and nephew are both living with mental illness. Bring Change 2 Mind and NAMI are partners in the effort to reduce stigma surrounding mental illness.

## Weekly Support Groups

There are NAMI support groups for both family members and consumers.

- **NAMI Family Support Group**, a group for family members of persons living with mental illness, meets each Tuesday from 7:00 - 8:30 p.m. at Sparrow Behavioral Health, St. Lawrence Campus. Follow the signs from the first floor elevator lobby in the Behavioral Health Building.
- **NAMI Connection**, a group for persons living with mental illness, meets each Thursday from 7:00 - 8:30 p.m. at Northwest Initiative, at the Michigan Optometric Association Building, 530 W. Ionia St, Lansing. Enter from the west entrance. The meeting is in Suite D.

Details for these and other local support groups are listed on our [website](#) and [calendar](#).

## **NAMI Michigan Conference Lansing Center, April 19 and 20, 2013**

Save the date for the NAMI Michigan 2013 conference. Please plan on attending and helping us welcome NAMI members from around Michigan. We'll be asking for volunteers to help with greeting visitors, set up, and representing NAMI Lansing.

## **NAMI National Conference San Antonio, Texas, June 27-30, 2013.**

Early registration rates are available now.  
[Together We Can Make a Difference.](#)

## **Visit a Board Meeting**

Considering a bigger role in NAMI? There are many ways to help - with advocacy events, the Hearts and Minds program, and assisting with the NAMI Michigan Conference, to name a few. Come to a board meeting and learn about the nuts and bolts of NAMI Lansing operations. The next NAMI Lansing board meeting is Tuesday, February 5 at 7:00 p.m. at Ingham County Human Services Building, Conference Room C, 5303 S. Cedar, Lansing. Enter door #3.

NAMI Lansing  
PO Box 26101  
Lansing MI 48909

517-484-3404  
[info@namilansing.org](mailto:info@namilansing.org)

[Forward this email](#)



Try it FREE today.

This email was sent to kconsnet@gmail.com by [info@namilansing.org](mailto:info@namilansing.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

NAMI Lansing | P.O. Box 26101 | Lansing | MI | 48909