

# Frequently Asked Questions: NAMIWalks NJ 2020

## Where is NAMIWalks NJ?

Go to <http://www.namiwalks.org/newjersey> to register online and for more information! This year the event is virtual so it can be anywhere you choose to be that day! To participate virtually, you can walk, run or do other activities of your choice where you want! If you prefer to spend some or all of the day with us, we will be providing you with lots of information and fun from 10 am - 3 pm. To join our virtual program on Zoom, you must register in advance at <http://ow.ly/2wZ350By8xd>. You will receive a link to join us. You can also follow up on NAMI NJ's facebook page at [www.facebook.com/NAMINewJersey](http://www.facebook.com/NAMINewJersey)

## When is the event/What is the virtual schedule?

Saturday, September 26, 2020 on Zoom and Facebook Live. See above for links to register for Zoom and join Facebook.

- 10:00 am – Welcome Ceremony

NAMI NJ and NAMI National representatives, Walk Chairs, Sponsors, Yoga, Music  
*Check in with social media*

- 11:10 am – In Our Own Voice

- 12:15 pm – Multicultural Showcase

AACT-NOW, SAMHAJ, CAMHOP and NAMI en Espanol  
*Check in with social media*

- 1:40 pm – Mental Health Advocacy Through the Arts

- 2:10 pm – Affiliate Spotlight

- 2:30 pm – Closing Ceremony

*Check in with social media and Thank You!*

*Please note: times are approximate due to some live programming!*

## What is a Virtual Walker?

Virtual Walkers raise awareness and funds for our crucial programs and services just like a regular walker. In other years, virtual walkers don't attend the actual Walk Day in person and

instead celebrate their accomplishments by doing something else they enjoy or by walking or running at a place of their choice. **This year, everyone is a virtual walker! Choose a meaningful activity to do with your family, a small group of friends in a safe, socially distanced manner or do something on your own.**

## When should I log in or check in?

If you are joining us via Zoom, you may check in at 9:45 am and the program will start at 10 am. Refer to the finalized virtual schedule above.

## How do I join a team?

You may register as an individual, join a team or create a team through the registration process. If you can't find the team you want to join, try searching for it or contact the Team Captain.

## How do I solicit people to join me or support me?

When you register, you will get a personal webpage. Then you can email or otherwise provide the link to people to click the "support me" button.

If you are a team captain, you will also get a team webpage. You can email or otherwise provide the link to people to "join my team" and "support my team".

## How do I collect money?

Please encourage your team members and your supporters to make their donations online. For people who are not comfortable with online giving, they can mail their checks to: NAMI NJ, 1562 Rt. 130, North Brunswick, NJ 08902. Be sure to have them make the **check payable to NAMI New Jersey and to indicate the person or team that should be credited** with the donation. Alternatively, if you are a team captain or individual walker, you can instruct people to mail checks to you and you can send them, together with a listing of each gift, to NAMI NJ's office.

## How do I customize my page?

Once you register or login, you can click on the "resources" tab on the top! It'll take you to a list of documents that will explain how to customize either your personal fundraising or team page. In general, click on the pencil icon and that will let you edit the text, add a picture etc.

## How do I customize my link?

You can click on the "Your Page" tab on the top! If you scroll down, there will be a "settings" button that will give you the option of customizing your page link.

## **How do I connect my social media to my page?**

At the bottom of “Your Page”, there are links to various social media. Just click on the link!

## **Where can I mail my donations for the Walk?**

NAMI NJ  
1562 Route 130  
North Brunswick, NJ 08902  
Attn: Walk Manager

## **Now that we are virtual, what is there to do?**

- Walking or running
- Yoga
- Baking or cooking
- Arts and crafts
- Board games
- Other games or activities, virtually with friends and family
- Anything that is meaningful to you!

## **Will there be other activities or content for me to experience virtually?**

NAMI NJ will be sharing important messages and content throughout the day! See above for the finalized virtual schedule!

If you have any questions or need materials, please contact  
Susan Eisenhower/Beena Bhatcar at 732-940-0991  
or [seisenhauer@naminj.org](mailto:seisenhauer@naminj.org)