September’s Presentation:
“Mental Health Issues as a Result of COVID – Ways to Navigate the Uncertainty Ahead”
Tuesday, September 28th 7:30 PM

Join us for a presentation by Carol M. Pedro, MA, LPC on “Mental Health Issues as a result of COVID” and learn ways to navigate the uncertainty ahead for your loved one with a mental illness and for you.

Carol Pedro is the Executive Director of Youth and Family Counseling Service in Westfield (https://www.yfcsnj.org/). She is a Licensed Professional Counselor and a graduate of Kean University, where she earned an MA degree in Counselor Education. She specializes in counseling children, teens and adults who experience relationship issues, poor self-images, feelings of anxiety and depression. Her background includes treatment in substance abuse and mental health. In her role as Executive Director at Youth and Family Counseling Service, Carol has facilitated free programs for parent education, military, and veterans and their families, and most recently, expanding these programs to include free supportive counseling to medical and emergency workers.

Please join us and find out how you and your loved ones can be helped during this health crisis. Q & A to follow.

Register in advance for this Zoom meeting:
https://us02web.zoom.us/meeting/register/tZUlcuiqrzg-rE9wf5Az-gj65pea8i6hP97-I

An email reminder with a clickable link to register will be emailed to those of you who’ve provided us with your email address.

After registering, you will receive a confirmation email containing the link to join the zoom meeting on September 28th. Please note: Meeting starts at 7:30 PM but the zoom site will open at 7:00 PM.

Our meetings are an opportunity for information sharing with others who want to live a better quality of life while dealing with mental illness. Our format is relaxed and audience participation is welcomed. If you’d like to learn more about mental illness, please join our discussion. There is no charge. Our information and friendship are priceless – and free.
Hello all,

NAMI UC WILL KEEP ON KEEPING ON!

Happy September 2021 to our NAMI Union County Community. Pandemic or not, NAMI UC is ready to offer the support and education programs that we have always sponsored. NAMI UC can proudly say that our Family Support groups, our Speaker Presentation series, the Family-to-Family Class, our Holiday Star party and our Summer Beach party for the Park Hotel residents were held on schedule throughout 2020 and 2021.

I am pleased to announce that the NAMI UC Fall 2021 Public Speaker Presentation Series will begin on September 28 with a virtual presentation by Carol Pedro, Executive Director of the Youth and Family Counseling Service in Westfield. This presentation will offer valuable insight on how individuals of all ages and families have been affected by the pandemic and how to best prepare for the ups and downs in the days ahead. We think that a virtual presentation is best until we determine that it is safe to resume with in person meetings. Information on how to register for this event is on page 1 of the newsletter.

We hope that you will support NAMI Union County by donating to the NAMI NJ WALK on October 9th. This is the only fundraiser that NAMI Union County participates in and your support is key. The need for more mental health programs has never been more evident as it is today. Your Walk donations will help expand our efforts to make a difference in the lives of any individual and family who needs help with their mental health.

But money alone doesn’t make a program run. It takes dedicated volunteers. Please consider volunteering in any way you can for NAMI UC. We will offer all necessary training and support.

Did you know that being part of the solution is good for you? Research has shown that having a sense of purpose and helping others has a powerful impact on one’s well-being and can even help us bounce back from adversity in our own lives.

Join us to bring NAMI support to all who need it. The need is there, the need is great. Be part of the solution.

Julie Donohue
Julie Donohue, President, NAMI of Union County

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**Calendar**

All meetings conducted via ZOOM till further notice.

**Family Support:**
3rd Tuesday of every month 7:00 PM – 8:30 PM
September 21 October 19 November 16

To register, e-mail Denise at namiunioncounty@yahoo.com with your name, town, and phone number.

**Speaker Presentation:**
4th Tuesday 7:30 PM
September 28 October 26 November 23

To register, go to http://www.naminj.org/support/affiliates/union/ >Upcoming Event>Click on the Register here link. Link will be available a few days before the event.
Traci Roman Memorial Enrichment Scholarships

NAMI Union County is happy to announce that we are again going to accept applications for our enrichment scholarships.

NAMI Union County is pleased to tell you that since the inception of the awards in 2005, we have awarded $200.00 to 132 people who wished to enrich their life. This is a total of $26,400.00 in scholarships awarded.

During the past 16 years the Enrichment scholarship has been awarded to people who were interested in going to fitness classes, guitar lessons, pool therapy, art lessons, crafts, language, dance class, electrical and auto technician, martial arts, driving lessons, acting class, singing lessons, culinary arts, college courses, or needed funds for books at college. As you can see this is a diverse list of the awarded requests.

WE CAN HELP!!!!!!!!!!!

We want to encourage those with a mental illness who are pursuing or want to pursue an enrichment program, academic or non-academic, to apply. Our goal for this award is to enrich their lives.

➤ The application should be completed and returned to the address as indicated in the application by the October 30, 2021 deadline. The application is enclosed.

We wish to congratulate the past recipients on their accomplishments. We are always interested in hearing from former recipients and how the award affected their life. If you are a former recipient, please let us know how the award enriched your life.

“NAMI Ending the Silence for Students” – Step forward!
A special message from Julie Donohue

This important NAMI program is a 50-minute presentation to middle and high school students that helps raise awareness and change perceptions around mental health conditions. The goal of NAMI Ending the Silence is to create a generation of students who are well-positioned to end the silence and stigma surrounding mental illness.

➤ NAMI Union County members are needed to receive training in order to carry out the program in area schools. Training is thorough, cost-free to volunteer trainees and is provided online by NAMI. If you can make a difference, please step forward!

Research has shown that the NAMI Ending the Silence presentation is effective in changing middle and high school students’ knowledge and attitudes toward mental health conditions and toward seeking help. The presentation includes: • Warning signs • Facts and statistics • How to get help for themselves or a friend. It is free of cost to schools and communities. Presentations are held at the school.

I ask you: Can you help End the Silence for this generation of students? Please email me directly at namiumoncounyt@yahoo.com, attn. Julie Donohue. Thank you! Julie

To learn more about NAMI Ending the Silence programs, please visit: https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence.
NAMIWalks NJ Your Way: A United Day of Hope
Saturday, October 9

NAMI’s mission is more crucial than ever these days. Our collective mental health needs are at their greatest. With your help, we will raise sufficient funds to support NAMI’s programs and increase awareness of the importance of mental health.

On Saturday, October 9, NAMIWalks NJ will once again be a virtual experience. NAMIWalks Your Way: A United Day of Hope means what it sounds like: participants can make NAMIWalks their own as Virtual Walkers. This is an awareness and fundraising event. When you reach out to your friends, neighbors and co-workers, you raise awareness about mental illness. And your fundraising efforts will help NAMI continue to provide free program and services to people who live with mental health conditions in our community. Please donate today!

To donate by mail to this year’s NAMIWalk:
Make your check payable to “NAMI of Union County” and mail to:
PO Box 724, New Providence, NJ 07974
Please write “Walk” or a Walker’s name in the memo line of your check.

To donate using a credit card, please visit
https://www.naminj.org/support/affiliates/union/ OR
www.Facebook.com/NAMI.UnionCounty/
for a clickable link that will bring you directly to the Union County Walk page. Follow the easy on-screen instructions to donate and/or register to join the Union County Team. Thank You!!!!

However you choose to support this year’s NAMIWalks, you will be helping NAMI’s dedication to eradicate mental illness and to improve the quality of life for those diagnosed with the illnesses and their families.

NAMI NEEDS YOUR SUPPORT!! PLEASE DONATE TODAY!