



www.namischenectady.org

NAMI Schenectady Events for Peers and Family Members

NAMI SCHENECTADY is busy planning upcoming events for 2023. Below is a partial list of scheduled activities for Peers in recovery from Mental Illness, their family members and friends.

- ✓ **4/22 Earth Day celebration** - we will do a clean up and planting to help celebrate Earth Day and improve our community.
- ✓ **May is Mental Health Awareness Month!** Sometime during April, we will gather to make ribbons and post them around our community to help raise awareness of the importance of good mental health and NAMI's goals and resources available.
- ✓ **5/14 Symphony at Proctors** - join us on **Mother's Day** for the **Schenectady Symphony Orchestra's presentation of The Romantic Ideal**. Tickets for Peers are free and at a discounted cost for their guests.
- ✓ **5/20 NISKA-DAY Table**- we provide brochures on various mental health conditions and NAMI resources at the annual NISKA-DAY event.
- ✓ **June, July and August**- NAMI Schenectady sponsors Peer participation in the monthly **Howlin' at the Moon concert series at Mabee Farm** in Rotterdam Junction.
- ✓ **June, July and August** - NAMI SCHENECTADY leads easy guided hikes in the Schenectady area. We meet in a central location once or twice a month on the weekends to enjoy nature and get some exercise.
- ✓ **8/18 NAMI SCHENECTADY Annual Barbecue at Central Park in Schenectady**. Back by popular demand, our annual food and games social, with prizes and music!
- ✓ **10/7 NAMIWalk** - we are partnering with Capitol Region NY NAMI to combat stigma, raise funds and promote awareness for mental health conditions. Walk location and further details are forthcoming!
- ✓ **November NAMI Schenectady Annual Meeting** – either 11/16 or 11/30. Details available no later than 10/16.
- ✓ **C.R.E.A.T.E. Throughout the Year** – we sponsor seats for various Art Projects throughout the year at the **C.R.E.A.T.E.** studios in Schenectady. Past projects have included water color painting, pastels and holiday ornaments, and co-sponsorship of a Tree of Hope at the annual Festival of Trees.

Besides these scheduled activities, NAMI SCHENECTADY sponsors a **weekly family support** group at Ellis Hospital on Wednesday evenings from 6-8 in the C3 conference room. Once a quarter, this group has an educational presentation for family members. NAMI literature is available.

We also participate in various civic events by staffing information tables, handing out resources and information to the public to help raise awareness and fight stigma surrounding mental illness.

The NAMI SCHENECTADY Board meets monthly to address our affiliate's needs, organize these outings and activities, and report on NAMI NYS business. We welcome all NAMI SCHENECTADY members to participate. Please help us reach more Peers and family members!

Call our "warm line" to find out details on these activities or help organize them at 518-986-9114. Visit our website for updated information on events, meetings, newsletters, and more. We welcome new members!