



[www.namischenectady.org](http://www.namischenectady.org)

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## NAMI Schenectady Events for Peers and Family Members 2024

NAMI SCHENECTADY has been busy planning upcoming events for 2024. Below is a partial list of scheduled activities already planned for Peers in recovery, their family members and friends in 2024.

- ✓ **May is Mental Health Awareness Month!** Members of NAMI will be doing tabling and providing information to our community at Union College, Niska-Day, and at several churches. We're helping to raise awareness of the importance of good mental health and make NAMI's goals and resources available.
- ✓ **From June 19-August 21** We are encouraging peers, their friends and their families to enjoy the series of free concerts that will be held several times a week at Freedom Park in Scotia.
- ✓ **June 20 and July 18** NAMI Schenectady will sponsor peer participation in the monthly **Howlin' at the Moon concert series at Mabee Farm** in Rotterdam Junction held from 7-9. Contact us at 518-986-9114
- ✓ (M-F between 9 and 5) to let us know if you're interested in attending. Give us your full name, and a number we can reach you to reserve a ticket. See our website posts for more information on who will be performing in addition to opening act, local group *Everest Rising*. Refreshments are available for purchase at the concerts.
- ✓ **June, July and August** - NAMI SCHENECTADY leads easy guided hikes in the Schenectady area. We meet in a central location several times over the summer, on the weekend to enjoy nature and get some exercise. **OUR FIRST HIKE of 2024 will be at Beautiful Schenectady Central Park:** Saturday, June 29 meet at 10 pm at Central Park Pavilion. RSVP contact Art at 518-372-0960. Keep your eyes open for future posts on our website [www.namischenectady.org](http://www.namischenectady.org) concerning hikes.
- ✓ **8/13 NAMI SCHENECTADY Annual Picnic at Central Park in Schenectady.** Back by popular demand, our annual food and games social, with prizes and music! 5-8 pm at the Central Park Pavilion. RSVP required.
- ✓ **10/5 NAMIWalk** – NAMI Schenectady is forming a team and walking with NAMI Capitol Region NY to combat stigma, raise funds and promote awareness for mental health conditions. Contact us if you want to join our team, or plan to form your own. The Walk takes place in Washington Park in Albany, with festivities beginning at 9 am, on Saturday 10/5.
- ✓ **NAMI Schenectady Annual Meeting** – December 10, 2024. Details will be made available on our website and Facebook well in advance of the event.
- ✓ **Throughout the Year** – we sponsor seats for various art projects throughout the year at the **C.R.E.A.T.E. Studio** in Schenectady. Peers interested in having a group of peers take a class together at the studios on Erie Blvd. are encouraged to contact us by e-mail or phone us.

Besides these scheduled activities, NAMI SCHENECTADY sponsors a **weekly family support** group at Ellis Hospital on Wednesday evenings from 6-8 pm, C3 conference room. Check in at the hospital security desk.

NAMI SCHENECTADY meets the second Tuesday of the month at 6 pm at Emmanuel Friedens Church unless we have scheduled a special event for the same night at a different location. Consult posts on our website to find details about our plans. To participate, including volunteering to help organize events, contact us at 518-986-9114 or email us at [namischenectady@gmail.com](mailto:namischenectady@gmail.com).