



National Alliance on Mental Illness

**NAMI**

**Charleston Area**

**FEBRUARY, 2017**

## **Meetings and Events Schedule**

### **First Tuesday of the Month**

Support: 6:00 PM Feb. 7th.

Consumer and family member support groups meet.

Moncks Corner Baptist Church  
500 E. Main Street, Moncks Corner

### **First Thursday of the Month**

Support: 6:00 PM Feb. 2nd.

Family Support Group: Trailer #23

Connections: Trailer #22

Seacoast Church (Mount Pleasant)  
750 Long Point Road, Mt. Pleasant

Enter from Egypt Rd parking behind the church and near the basketball court.

### **2ND and 4TH Wednesday of the Month**

NAMI Connection Support: 1:30 PM  
**Feb. 8th and Feb. 22th.**

For those people in recovery with mental illness.

Charleston Dorchester Mental Health Center  
2100 Charlie Hall Blvd., Charleston

### **NAMI Board Meeting**

Board meeting will be held on Monday Feb. 6th at 6:00 PM @ Seacoast Church

### **Second Monday of the Month**

Support: 6:00 PM-7:15 PM Feb. 13th.

Consumer and family member support groups meet.

Seacoast Church (West Ashley)  
2049 Savannah Hwy, Suite H, Charleston

The receptionist inside the main entrance will direct you to the proper room.

Education 7:30 PM – 8:30 PM

The educational speaker will be Nilsy Rapalo. Please see page 2 for more information.

### **Third Monday of the Month**

Support: 6:00 PM Feb. 20th.

Consumer and family member support groups meet.

Bethany United Methodist Church  
118 West Third South Street, Summerville

Call Eric at 843-872-5080 or e-mail at <mailto:footsiemd@yahoo.com> for more info.

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Website: [www.namicharlestonarea.org](http://www.namicharlestonarea.org)  
Webmaster: Larry Debevec

### **NAMI Charleston Area Board of Directors**

#### **Officers**

President	Eric Hansen
Vice President	Jane Wright
Treasurer	Robert Taylor
Secretary	Joan Gaetke

## **MYRTLE BEACH AREA FAMILY SUPPORT GROUP**

### **First Thursday of the Month**

Family Support: Feb. 2nd 6-8 PM

Our Lady Star of the Sea Catholic Church

1100 8<sup>th</sup> Avenue North  
North Myrtle Beach, SC 29582

Facilitators: Ken and Karen (843-281-0245)

Our Family Support Group is comprised of adults (caregivers, relatives, friends, etc.) who are concerned about loved ones who suffer from mental illness (i.e., depression, anxiety, psychosis, schizophrenia, etc.). We share ideas and discuss ways and means to help our loved ones and each other.

## **JANUARY EDUCATIONAL SPEAKER**

Dr. Michael Kassur was welcomed by our group on January 8<sup>th</sup>. Dr. Kassur has been with the Charleston Dorchester Mental Health clinic for five and a half years and is now the Medical Director.

Dr. Kassur stressed the safety of taking medications and the need for adequate monitoring of patients. He strongly suggested fasting blood work at least once a year and more often while taking certain prescriptions. He also stressed all around health care by monitoring weight, eliminating carbs and sugars, and exercise.

He then turned to our group for Q & A. He answered many questions regarding side effects of meds, following lab work, mood stabilizers, and risks of medications.

We want to thank Dr. Michael for his time and expertise.

## **FEBRUARY EDUCATIONAL SPEAKER**

The speaker for the Feb. 13th meeting will be Nilisy Rapalo who is an Ambassador for the American Heart Association. She will be presenting on "Love Your Self and Check Your Health." She would like to suggest that NAMI members wear red that day in awareness of Heart Awareness Month.

## **NAMI Basics Class Rescheduled**

The NAMI Basics Course originally scheduled to start in February has been rescheduled to start in March. Please see flyer on page 3.



National Alliance on Mental Illness

## FREE 15 Hour Education Course **Parents Educate Yourself!**

Is your household in turmoil?

Does your child or adolescent struggle  
with behavioral or emotional challenges?

Does your child or adolescent have  
a mental health diagnosis?

(ADHD, Depression, Bipolar, Anxiety Disorders, Obsessive  
Compulsive Disorder, Oppositional Defiant Disorder discussed and more)

- **Know the facts**
  - **Find help and resources**
  - **Feel understood and validated**
  - **Develop better family communication skills**
- **Learn to work with the systems involved with mental health**
  - **Learn the importance of record keeping**
    - **Become an advocate**
  - **Know the value of self-care!**

**A free binder with course materials for each participant!**

**Pre-registration is required.** (Class size is limited to 15 !)

When: March 4th – April 8th 10:00 am - 12:30 pm

( 6 consecutive Saturday mornings )

Where: 1004 Jefferson Ave., Goose Creek, SC 29445

(BLDG 717 on NWS Charleston) The Old Naval Chapel

Email **Dan Martinez** at [martinez7365@msn.com](mailto:martinez7365@msn.com) or call **(843) 952-3689**.



**nami**

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# Charleston Area

**Application for Membership** Includes National, State, and Local Newsletters.

Please make check payable to **NAMI Charleston Area** and mail to the address shown below. **If you prefer you may utilize the secure website at [www.nami.org](http://www.nami.org).**

Please check one of the following:  Individual/Family \$35.00  Open Door\* \$3.00  Donation \$ \_\_\_\_\_

\*Annual membership fee for individual/families/consumers with limited means.

I am a:  Family member  
 Consumer

Sibling  
 Spouse

Parent  
 Professional

New Member  
 Renewing Member

Name \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Work Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Email Address \_\_\_\_\_

Enclosed is my check in the amount of \$ \_\_\_\_\_



**Charleston Area**

8112 Saveur Lane

North Charleston, SC 29406

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