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NAMI SOUTH DAKOTA

is the state’s voice on mental illness. Through education, advocacy and support, we strive to provide hope for individuals with mental illness and their families.

On the Calendar

Virtual Annual Conference:
 Sept. 24-25

Virtual Annual Meeting:
 Sept. 25

Check our Facebook page and website for other virtual event announcements!

HOPE

2020 VISION #WhyWeNAMI ANNUAL CONFERENCE

NAMI South Dakota Conference Goes Virtual

Join us for two full days of conference presentations on September 24th and 25th. Ten breakout sessions and three keynote speakers are featured, along with a special showing of the HBO documentary, “Ernie and Joe: Crisis Cops”. We are so excited to share all our conference has to offer.

This year, registration is FREE. Everyone can take part in the sessions on their computer, laptop, tablet or phone. Sessions will be held on Zoom, and it’s even possible to call in by phone without video. After registration, you will also be able to access any sessions you missed in the video archive on our website.

Register now at <https://namisouthdakota.org/annual-conference/>.

Thank you to our sponsors:   

   Human Service Center, SD Council of Community Behavioral Health

Greetings

#WhyWeNAMI: How the Vision Shapes Us for Days Like These

For over 30 years, NAMI South Dakota volunteers and staff have been guided by a sustaining mission of providing education, support and advocacy to individuals and families affected by mental illness. Our enduring vision has been of a world in which people are free from discrimination and enabled to live life to the fullest. We envision the day when mental illness is viewed—and treated—like any other illness, and everyone who needs it has access to quality care.

In this time of a dangerous global pandemic that has changed the way in which we live, how does NAMI's vision stand up in the face of fear?

It helps to remember our history. The foundation of hope and help was laid over time, with the talents of many people who shared a goal of recovery and better life. NAMI volunteers offered tools and education, listened and encouraged, applauded success, provided opportunities to give back, and connected people in meaningful ways.

NAMI South Dakota's board, staff, and volunteers are still working toward the vision that was inspired in us decades ago. Our vision guides us in our work and prepares us for a future we can't yet see.

These are uncertain times, and we don't know what the future holds, but we have a foundation to build on. Our mission tells us what to do, but the vision provides a roadmap of where we want to go, and a picture of what it will look like when we get there.

More than ever before, mental health must be valued, and our work is important. NAMI South Dakota's vision can sustain us when we are in it for the long haul.

Stay strong, friends.

-- Wendy Giebink, Executive Director of NAMI South Dakota

NAMI SOUTH DAKOTA BOARD OF DIRECTORS

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Project AWARE/ETS Coordinator: Mallory Kloucek

Project AWARE Coaches: Jim Kellar and Angela Hyde

Project AWARE Rapid City Coordinator: Golnesa AsheghAli

NAMI South Dakota Virtual Resources Created Just for You

Connection Support Group (for adults living with mental illness): Zoom meetings are held every Wednesday at 5:30 pm and Thursday at noon. Register on our webpage or Facebook.

Family Support Group (for family members of adults): Zoom meetings are held every other Sunday at 6 pm. Register on our webpage or Facebook.

Story Stitch events are held monthly. Check our Facebook page and website for schedule.

Wellness Events are held monthly. Check our Facebook page and website for schedule.

NAMI Basics and Family to Family classes are coming soon! Register on our webpage.

Why We NAMI podcast: Listen every Wednesday on Facebook or your favorite podcast channel.

DUE TO COVID-19, ALL NAMI SOUTH DAKOTA ACTIVITIES ARE HELD ONLINE FOR YOUR SAFETY. WE WILL KEEP OUR WEBSITE UPDATED WITH A LIST OF ACTIVITIES AND INFORMATION ABOUT HOW TO REGISTER.
www.namisouthdakota.org



Support Group leader training will take place virtually on October 24-25th. If you have an interest in leading a support group and you have the lived experience of having a mental health condition or a family member who lives with one, please contact Marilyn Charging for an application. Support groups are more important than ever as we all deal with the stresses of our lives in 2020. Leading a group is a meaningful way to help others.

Marilyn Charging: (605) 670-3250

The NAMI South Dakota Annual Members Meeting will take place online at 8:00 am Central time on Friday, September 25. Current members can access the meeting here:

Join Zoom Meeting

<https://us02web.zoom.us/j/84041272444?pwd=M2JCZTRINWRNeWJtb3dnWTNJMU3dz09>

Meeting ID: 840 4127 2444

Passcode: swv42G

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Passcode: 452460

Find your local number: <https://us02web.zoom.us/j/84041272444>



NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. NAMI South Dakota will offer its NAMI Basics Education Program for the Fall season beginning **October 5, 2020**. It will be held on **October 5th, October 14th, October 19th, October 26th, November 2nd and November 9th**. This course will be offered virtually. For more information go to: namisouthdakota.org to register.

Thank You to Our Donors

In the uncertain times our nation and world are facing, we know that the mission of NAMI South Dakota is even more important. We carry out our work with the help of volunteers, and through the generosity of our donors and sponsors. With your donation, you become a partner in the mission. Thank you for your kind gifts, especially now. We appreciate you.

Every effort has been made to recognize recent donors. If you think there has been an error, please contact our office.

Donations 7/1/2020 through 9/15/2020

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Ask us how you can join our Circle of Friends!

HOW TO BECOME A DONOR: Visit our donation page at www.namisouthdakota.org/donate to make a gift by Pay Pal or credit card. If you would rather donate by check, please make out your check to NAMI South Dakota and mail it to: NAMI South Dakota, P.O. Box 88808, Sioux Falls, SD 57109.

Ask us how to become a monthly donor to make the most of your gift. Planning your legacy giving? We would be honored to be included. Contact us for more information.

NAMI South Dakota is a 501c3 organization. Donations are tax-deductible.
THANK YOU!

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Pierre 605-280-2882

Brookings 605-692-8948

Watertown 605-886-7799

Aberdeen 605-228-5983

Peer Leadership Council 605-238-5766

CONNECT WITH US:

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Facebook: www.facebook.com/namisodak