

NAMI WALK 2010

We Walk for NAMI to fight the stigma of mental illness and to make sure that all our support and educational programs remain free. Walk dollars help fund many of our programs and services, including:

- * In Our Own Voice Trainings
- * Government Relations and Advocacy Committee
- * Education programs and Support Groups

- * Outreach and Communications
- * Senior Mental Health Partnership
- * Booths at Health Fairs and Hospital Lobbies.

Without your generous support, many of our programs would simply not be available. It's thanks to YOU that NAMI is able to provide these free services to the San Diego community. Thank you for understanding the importance of our mission.

And we hope to see YOU again in 2010!

We Care, We Share, We Talk, We Walk

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Next Year!

Help for 2010 NOW!

I know that April of 2010 seems like a million months away, but it takes an entire year to plan a walk!

Here are some things YOU can do now to help us make even bigger strides toward eradicating stigma in 2010!

1. Join the NAMI WALK Committee - we can use your expertise, ideas, and manpower! Our next meeting is September 14th at 11AM at the NAMI San Diego office: 4480 30th St, San Diego, CA 92116

2. Sponsors. It takes a lot of time to identify sponsorship for the Walk. If you know any business who might want to sponsor next year's Walk, let us know! We are always looking for more In-Kind sponsors for food, drink, walker goodies, raffle prizes, etc!

3. Walk Day Resource Fair. Help us grow the Resource Fair. If you have any ideas or connections, email us!

4. Talk it Up! Try to find one other person you know to start a team! If every Team Leader identifies a new leader to start a team, we will double our walkers next year, that will make over 4,000 walkers, wow!!

Email us if you have other great ideas!