



NAMI

National Alliance on Mental Illness

Alger/Marquette

SPRING 2023 NOTES FROM THE CHAIR

by Cindy K. Bertucci, President

Hello everyone!!!

I hope the new year is treating you well. At this time the thing that just blows my mind is the fact that Monday, March 20th was the FIRST DAY OF SPRING. Here in Ishpeming we still have high snowbanks, but the weatherman is predicting much warmer weather which will start melting the snow. Warm weather will get the flowers blooming and shrubs growing. Also, this will help with your mental health, as sunny days are a blessing for some people with a mental illness.

I mentioned previously we have been offering in-person support groups and that is going very well, along with one Zoom meeting a month. Hopefully by April we can start with educational meetings, the 4th Monday of the month. We are still looking for ideas about information you may want to know more about. If so please let me know so I can work on that.

We are happy to announce that we have started our Family-to-Family classes again. The first class started on Wednesday, March 8th for 8 weeks each Wednesday. We have the privilege of having all of our meetings at S.A.I.L. (Superior Alliance for Independent Living) in Marquette. Our first class filled up and we are looking to start another one in September. This class is for families and friends of someone with a mental illness. This is only offered in-person. If you want more information and are interested in this class please contact me.

This is also a time when it seems like more state governments are trying to offer more coverage and help for mental illness. There is still a long way to go but we have to keep making people aware of what is needed in our states and country. If you need more information on laws that are possibly changing you can check out the NAMI National website, NAMI.org.

As always if you are on my email list, I send out the meeting dates every month, and more. You can also visit our website at NAMImqt.com.

I have mentioned before that if you cannot attend a meeting in person and if you need the date for the Zoom meeting, or just need to talk, please email me or call me and I can set something up for us.

So let us be more aware of our own feelings and take care of ourselves as we know if we can't take care of ourselves, we are not able to be there for anyone else.

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