

Board of Directors

President

Eileen White

Vice President

Karyn Kotkins

Treasurer

Joel Wirtz

At Large

Bud Manley

Marcy Ruffo

Stephanie Carbone

Advisory

Capt. Cory Darling

Scott Bury

Lindsey Tischart

Roger Olson

Tina Smith

Margaret Kuehn

Adam Goggins

Sally Saxton

NAMICENTRALOREGON.ORG

Follow us on Facebook –
NAMI Central Oregon

Will you help us:
STOMP OUT STIGMA

September 15, 2018 – Sky View Middle School
2 - 4 PM

Did you know:

- 1 in 5 Americans experiences mental illness in a given year
- Suicide is the 3rd leading cause of death in youth ages 10-24, and 90% of those who died by suicide had an underlying mental illness
- Stigma prevents many from seeking treatment
- NAMI Central Oregon is the local chapter of a national grassroots volunteer organization, using education, support & advocacy to build better lives for those affected by mental illness; all classes, support groups & meetings are FREE

Please consider being a sponsor of our **STOMP OUT STIGMA** event:

- **Gold level** \$1,000
- **Silver level** \$500
- **Bronze level** \$250

Donations and/or auction items are also greatly appreciated.

Sponsors receive:

Gold: Name/Logo on large event banner and posters, Free Event Space, and Media coverage

Silver: Name/Logo on large event banner and posters, Free Event Space

Bronze: Name/Logo on large event banner, Free Event Space

Each year NAMI-CO provides:

- *Two free twelve-week sessions of Family to Family classes to educate families regarding issues related to mental health; Family & Friends presentations*
- *Two free ten-week sessions of Peer to Peer education taught by a team of two trained mentors to help others establish and maintain their wellness and recovery*
- *Presentations of In Our Own Voice, designed to reduce the stigma associated with mental illness and promote outreach to the community*
- *Seven free community educational meetings on issues regarding mental health*
- *Connections Peer Support – free weekly meetings in Bend and Redmond serving people seeking support*
- *Family Support groups monthly in Bend, Redmond, LaPine*
- *Ending the Silence presentations to middle and high school students*
- *Support for community partners: Bend PD's CIT training; local MHFA classes*

Through your generosity we can continue our programs and expand our positive impact. We greatly appreciate your consideration of and support for NAMI Central Oregon.

All funds raised will stay within our community of Central Oregon.

THANK YOU!
NAMI-CO Board
TIN 93-0875209