

## **President's Address**

*by Bob Brooks*

### **REMINDER RENEW - RENEW - RENEW Your Membership!**

It is vitally important that all of us renew our membership as soon as possible because we are required to send in our lists to NAMI California and NAMI National in March/April.

It is the time of year to remind you ALSO that Saturday, APRIL 17<sup>th</sup> is NAMI WALK Day in San Diego. We all get together at Balboa Park in San Diego and have a "GREAT BASH." It has been great fun for the past few years. Everyone has a GOOD time, gets some exercise, and even all the children and dogs get along.

This fun day is for a great purpose. It is the main fund raiser for all of the NAMI's in San Diego County. We all get our friends, neighbor's and companies we know to make TAX DEDUCTIBLE donations to NAMI NORTH COASTAL.

We NAMI North Coastal then use that money to teach our various NAMI educational programs. The main one for the Family's of those suffering from a Mental Illness is our FREE 12 week "FAMILY TO FAMILY" course. We currently have a class of 22 that just finished their 5th weeks class, and we are planning on starting the next one on April 14<sup>th</sup> just before the NAMI WALK.

Elsewhere in this issue is information about when, where, what time, how to donate etc. The MAIN THING FROM My Stand Point is that everyone who reads this message needs to make sure that they make a note on their check or e-mail that their donation goes to NAMI NORTH COASTAL. This is very important because there are 3 other NAMI Affiliates in San Diego County.