



15 E. Vine Street Front
Mount Vernon, OH 43050



**Knox Licking
County Ohio**

An Update from us on COVID-19

To Our Friends and Neighbors - *We are here to help!*

In accordance with state and federal mandates which we all need to mind, all in person NAMI Knox Licking County Ohio programs have been postponed. We have made adjustments where we can and we are also looking into the possibility of conducting our upcoming Family to Family class virtually if enrollment warrants it. We are looking into using virtual software and how best we can utilize it now and in the future, though we much prefer one-to-one.

In the meantime, we are still taking enrollment for all our proposed events. Below is more information . If you have previously registered for these events, please note the new dates. We will have to say, because of the uncertainty, we are trying to remain optimistic as it concerns the new dates. *New fliers and information will be coming to you very soon. In the meantime, please mark the new dates on your calendar.* Somehow, with your help, we will adjust and conquer this crisis!

As a family, we see this as a time to readjust our values and unify. - To realize how important we are to each other - To let us find new ways to enjoy our day – reach out to others, and start new traditions. We remain prayerful that our world will again right itself and that out of all this we will become more connected and aware of the need to continue to be concerned with one another – the world is much better when we are “together.”

Our NAMI mission to provide support, education and advocacy continues because the need continues, especially in times like these. We will continue to ensure that people living with serious mental illness, as well as their family members and loved ones, do not experience isolation.

Office Hours: Our office is temporarily closed to the public. Our hours are Tues., Weds., Thurs., 10 a.m. – 4 p.m. Staff is on hand to speak via telephone and help connect you with any resources you may need.

We encourage you to call if help or resources are needed. Please call our office for assistance at 740-397-3088, during normal business hours. After hours, you may leave a message – we are monitoring the line often.

If a mental health emergency arises, dial 211 or 911. At 911 ask that a Crisis Intervention Trained (CIT) responder be dispatched. You are in good care with these responders.

Below are other updates and suggestions:

Our NAMI Connection Wednesdays support group and our monthly Family support groups are temporarily suspended until further notice.

*We are continuing to take registrations for the free **NAMI FAMILY TO FAMILY EDUCATION PROGRAM** – April 13, 2020 – 6:00 p.m. – 8:30 p.m. – an 8-week series class, offered in Newark at The Main Place and at our Mount Vernon NAMI office. This may have to be rescheduled depending on the COVID-19 situation. *But please continue to enroll.* We will keep you posted. We will work on the “virtual” idea.*

SCHEDULED EVENT UPDATES!

March 30, 2020 – **Moved to Thursday, April 30** – 11:30 a.m., “Barriers and Benefits of Exercise” with our local Knox Community Hospital Wellness and Rehab Center staff, Exercise Physiologist Cassie Simpson.

March 30, 2020 – FREE “Movie Night” **is rescheduled to a “Sunday Matinee” April 26, 2020** at the Library, 2:00 p.m – refreshments will be served (registration not necessary, but would be appreciated) Come see one of our favorites – *As Good as It Gets* with Jack Nicholson and Helen Hunt – a classic!

APRIL 18 WALK TO STOMP OUT STIGMA – with Gabe Howard at Ariel Park First Knox Picnic Pavilion – **RESCHEDULED TO SATURDAY, OCTOBER 17, (at Ariel) 10:00 a.m. – 12:30 p.m.** Watch for more info.

We hope you and your family stay safe and healthy, and we look forward to resuming normal activities when this crisis passes, as we know it will.