

Tired of mental health getting the short end of the stick in Springfield?

Fed up with budget cuts and service cutbacks for people with mental illness?

Well here's your chance to learn how to be a more effective advocate for you and your family!

A group of seven area NAMI chapters is sponsoring "NAMI Smarts for Advocacy," a half-day workshop prepared by NAMI's national staff and presented by local NAMI leaders. The workshop will give you the skills and confidence to contact and interact with legislators in the most effective way. Professional lobbyists can be effective, but nothing beats the impact of grass roots advocates telling their personal stories!

- WHO:** All NAMI members and others interested in becoming more effective legislative advocates for mental health
- WHAT:** NAMI *Smarts for Advocacy* -- a proven advocacy training program
- WHERE:** Northwest Community Hospital in Arlington Heights
- WHEN:** Saturday, September 26, 2009
Registration and coffee begin at 8:30
Workshop: 9:00 AM - noonish*
- WHY:** If not us, who? If not now, when?

**If the class fills up, we will also offer an afternoon session, from 1:00 until 4:00.*

The cost for the workshop will be \$10, which will cover the cost of materials and refreshments. Please make your check payable to NAMI CCNS.

Registration is required and enrollment is limited, so if you'd like to join us – and we hope you will – just fill out the attached form and mail it to NAMI Cook County North Suburban, together with your check for \$10 as soon as possible and no later than September 21.

Mental illness is a serious issue; but all too often "serious" isn't enough to carry the day. The way things work in Springfield generally means it's the squeaky wheel that gets the grease. We hope you'll come on out and learn how to squeak loud and clear on this important question.

NAMI Smarts for Advocacy Training Registration Form

Yes! I'll be attending the NAMI Smarts advocacy training on Saturday, September 26, 2009.

Time: Registration and coffee: 8:30 AM
Workshop: 9:00 – noon or so
Place: Northwest Community Hospital, Arlington Heights, IL
Cost: \$10.00 to cover materials and refreshments

Name: _____
(Please print)

E-mail address: _____
(Please print very legibly)

Phone number: _____

Mailing address: _____

If the class fills up would you be willing to attend an afternoon session on the same day? The hours would be 1:00 – 4:00 PM

Yes _____

No _____

Please mail this form and your check for \$10.00, payable to NAMI CCNS, to:

NAMI CCNS
Attn: Advocacy Workshop
420 Frontage Road
106
Northfield, IL 60093

Please return your registration by Monday, September 21.

Once we have your registration form, we'll e-mail you a confirmation and more detailed information about the location as well as a few minutes of homework to do before the workshop.

Thank you, and we're looking forward to seeing you on September 26th.