

NAMI- ASHTABULA NEWSLETTER

David R. Odell

June 17, 2014

Last night the NAMI Family to Family class finished it's twelve week course. Five new faces joined the list of others who have taken the course. I was surprised at how they all seemed willing and eager to start a NAMI support group in Ashtabula County. It is not often that you find an entire class ready to take on something like this.

Everyone seemed to want to do more to get the word out as well as be there for those in need. There are officers this time as well as a plan to keep on going. They have a place to meet as often as they need to. After three years there is a beginning not just the end of another class.

The question is why now why not before? The answer is simple we now have the right people

together. These people see beyond their own needs they want to reach out a helping hand. They want to do something that will help those they know as well as those they do not. They see a need and they are trying to fill it.

How well they will do depends on the response that they get. They are there reaching out and you are going to know that. All summer long you will see their message. There will be invitations everywhere asking you to join them. As this support group works toward their goals.



Sandra and Jeanne congratulate Mitch.

Sitting By The Phone

David R. Odell

Sitting by the phone wondering
who to call
Should I call anyone at all
I want to ask for help but what do
I say
If I tell anyone how I really feel will
they understand
What do I do if no one will talk to
me

Sitting by the phone wondering
who to call
How many calls will I have to make
I want to ask my family for help
If I call will any of them believe me
What do I do if none of them will
help me

Sitting by the phone wondering
who to call
I am afraid to make a call
I want to ask for help but who will
help me
Why won't anyone listen to me
What do I do if no one hears me

Sitting by the phone wondering
who to call
Should I call my friends
How many friends do I really have
Do I really have any friends at all
What do I do if I have no real
friends

Sitting by the phone wondering if I
should call
Should I even have a phone
Is there anyone at all who would
understand how I feel
Do I have any right to expect any
help
Why would anyone really care
about me

Events Calendar

Support Group meeting July 16th
6:00 pm contact Jeanne or David at
1-440-466-8537 for more information

Multicultural Fair July 26- 27

July 4th Fireworks Geneva – on – the –
Lake

July 19th Make A Wish Foundation walk
at the Cleveland Zoo

Bake Sale Ashtabula Wal-Mart Sunday
August 10th.

Wednesday September 17th Basics Class
starts

