



# NAMI

Ray of Hope

NAMI Seneca, Sandusky & Wyandot Counties  
Phone - (419) 334-8021  
Toll Free - (888) 582-8889  
[www.namissw.org](http://www.namissw.org)

## Upcoming Volunteer Event

On Sunday, December 4<sup>th</sup>, we will be holding our first monthly volunteer and membership meeting. We will be meeting at 7PM at community hospice in Tiffin. The speaker for this event will be Dennis Wolf, Executive Director for NAMI Seneca, Sandusky & Wyandot Counties. Dennis will be speaking about advocacy, what it is and how to be an effective advocate.

The meetings are a start of what we hope to be a successful way to engage our membership and volunteer base. Holding monthly meetings will give us all a way to network and get to know each other, as well as keep up on the issues that affect us most. It will also help to give everyone a sense of ownership over who we are and where we are going.

We are planning on rotating the monthly meetings from county to county, meeting in each county once per quarter. We are also planning on having a presentation on a pertinent topic at each meeting. Snacks and refreshments will be provided.

## November 30, 2005



### Panic Disorder

A person who experiences recurrent panic attacks, at least one of which leads to at least a month of increased anxiety or avoidant behavior, is said to have panic disorder. Panic disorder may also be indicated if a person experiences fewer than four panic episodes but has recurrent or constant fears of having another....[More Details](#)

## Planning Under Way for Ray of Hope Dinner

The Ray of Hope Dinner to benefit NAMI SSW (National Alliance on Mental Illness of Seneca, Sandusky, and Wyandot Counties) will take place on Sunday, March 5 at the American Legion Hall in Fremont. Lizzie Simon, interviewer and author of "Detour: My Bipolar Roadtrip in 4D", will be the keynote speaker. Former State Representative Lynn Olman has been selected as the recipient of the prestigious 2006 Ray of Hope Award for his efforts towards securing insurance parity for mental health services in Ohio.

In conjunction with the dinner, there will be a silent auction featuring creative and healing arts items. For this purpose, the organizers of the event are seeking donations from the general public. Whether you are interested in needlework, woodworking, cooking, writing, painting, or making jewelry, you can make a personal contribution that will benefit NAMI's extensive outreach program. If you have an item that would be perfect for a golfer, sports enthusiast, gardener, or hobbyist, please consider donating it to the auction. Gift certificates for services or tickets to events are always popular with the many guests who participate in this fun-filled evening. If you would like to make a donation or receive more information about the Ray of Hope Dinner or the NAMI SSW organization, please contact NAMI at 419-334-8021 or toll-free at 888-582-8889. One hundred percent of the profits from the Ray of Hope Dinner will be used to further increase efforts to bring support, education, and advocacy to those who are affected in any way by mental illness in the local communities.

## Upcoming Events

- December 1, 7:00PM** - Wyandot County Family Support Group
- December 2, 2:00PM** - Fremont C.A.R.E meeting
- December 4, 7:00PM** - Volunteer / Membership Advocacy Meeting
- December 8, 2:00PM** - Fremont Family Support Group
- December 9, 2:00PM** - Fremont C.A.R.E meeting
- December 14, 2:00PM** - Tiffin C.A.R.E meeting
- December 14, 7:00PM** - Tiffin Family Support Group
- December 16, 2:00PM** - Fremont C.A.R.E meeting

To remove your name from our mailing list, please respond to this e-mail with the word "unsubscribe" in the subject line.

Questions or comments? e-mail [dewolf@namissw.org](mailto:dewolf@namissw.org) or call 888-582-8889

NAMI SSW is a Member of the United Way of Sandusky County and an Associate Member of Tiffin-Seneca United Way.