

NAMI Kern is an affiliate of NAMI California.

We are a grassroots volunteer organization of families and individuals whose lives have been affected by mental illness. Our mission is to provide Support, Education and Advocacy. We are advocates for a quality of life without stigma for all. We offer the help, comfort and hope we found here. We hope you will join with us to work for the life and recovery we all deserve.

If you or someone in your family has a mental illness such as:

Bipolar Disorder, Depression or other Anxiety/ Mood Disorders; Post Traumatic Stress Disorder (PTSD), Schizophrenia, Attention Deficit Hyperactive Disorder (ADHD), Obsessive Compulsive Disorder (OCD)....

We have a lot in common. We know what a struggle life can be when mental illness strikes; we've "been there". We want you to know that *you are not alone*. We want to share with you the community of hope that we have found through NAMI.

Affiliate Information Meeting A. I. M.

3rd Monday of Every Month **6pm**

**Membership not required
Open to the public**

**Consumer Family Learning Center
5121 Stockdale Highway
(661) 868-5061 msg line**

www.namikerncounty.org

Kern County Support Groups

Bakersfield

Every Friday - Peer Support

Good Samaritan **3:00-4:30pm**

5201 White Ln. (661) 303-1416, (661) 333-5484

Every Tuesday - Peer Support

Bi-Lingual available

Consumer Family Learning Center

5:30 -7:00pm

5121 Stockdale Hwy, Val 203-8890

2nd & 4th Tuesdays-

OutSpoken Young Minds

6:00pm – 7:30pm

Youth ages 15-25 and Family Support

Contact: Russ Sempell (661) 303-1416

For Screening and Location

1st & 3rd Tues- Vets & Families PTSD

Good Samaritan - **6:00pm-7:30pm**

5201 White Ln, (661) 333-5484, 303-1416

2nd Tuesday- Family Support

Consumer Family Learning Center

Potluck 5pm, **6:00pm-7:30pm**

5121 Stockdale Hwy, Cindy 398-8907

4th Tuesday- Family Support

Consumer Family Learning Center

6:00 -7:30pm

5121 Stockdale Hwy, Cindy 398-8907

Tehachapi

Every Friday- Peer Support

Family Learning Center **3:00-4:30pm**

Steven (661) 972-6683

Ridgecrest/ IWV

Tuesdays Family Support

CCS HOPE Center -

701 "A" Inyokern Rd,

(760) 384-8672; (760) 446-2032

Peer Support

Please call for current time and location

(760) 977-7837; (760) 384-8672

Lake Isabella

12:00-1:30 (661) 972-6683

College Community Services

Taft

First Wednesday – Peer Support

1092 W. Kern St, **1:00 – 2:30pm**

(661) 398-0502 Terry



**National Alliance
on
Mental Illness**
Since 1979

**Kern County
Affiliate**
Since 1985

**SUPPORT
EDUCATION
ADVOCACY**

5121 Stockdale Hwy, Bakersfield
P.O. Box 9144
Bakersfield, CA 93389-9144
(661) 868-5061
Message line

www.namikerncounty.org
www.frontlinenami.org
www.kernosym.blogspot.com

NAMI Kern County Membership Form

Today's Date _____

Name(s) _____

Address _____

City _____

Home Phone _____

Cell/Alternate Phone _____

EMail _____

- New Member Renewal
- Household Membership - \$40
- Consumer - \$5
- Agency/Professional - \$100

Make check payable to and mail to:

**NAMI Kern County
P.O. Box 9144
Bakersfield, CA 93389-9144**

NAMI is a California 501(c) 3 tax exempt, non-profit Corporation

**For Help or Information
Family Members & Individuals with
Mental Health needs**

*Sign up for our Free
Educational Classes:
**Family to Family &
Peer to Peer***

(661) 868-5061 msg line

NAMI Web Resources

- NAMI Kern:**
www.namikerncounty.org
- NAMI California:**
www.namicalifornia.org
- NAMI National:**
www.nami.org

National Helpline: (800) 950-6264
Websites contain links to other valuable sites

Other Helpful Web Resources
www.networkofcare.org

Our Beliefs

- We recognize mental illnesses are brain disorders
- We see the person not the illness
- We reject stigma in ourselves and others
- We forgive ourselves and reject guilt
- We embrace humor as healthy
- We expect a better future in a realistic way
- We will never give up hope

You Are Not Alone. .

NAMI KERN COUNTY

**(661) 868-5061 msg line
Or Patrice (661) 333-5484**

**FOR OUR SPANISH SPEAKING
CATI NIDEVER**

**(661) 327-8727(661) 428-7436
TEHACHAPI
Steven Johnson
(661)972-6683
RIDGECREST**

**Janet (760) 384-8672
NAMI Monthly Meeting**

Please call to confirm location, date and time
[\(760\) 384-8672](http://(760)384-8672)

Lake Isabella

Steven (661) 972-6683

Kern County Mental Health

Crisis - 1-800-991-5272

ACCESS – (661) 868-8111

**Patient Rights Advocates:
(661) 868-6640**

Laura Flores LFlores@co.kern.ca.us

**Consumer Family Learning Center
5121 Stockdale Hwy.
(661) 868-5064**

~~~~~  
Donations are greatly appreciated as we are on a  
volunteer basis; all of our classes, Support  
groups and events are at no cost to the  
community.

You do not have to be a member to participate  
~~~~~  
**Special thanks to Kern County Mental Health for the
printing of this brochure.**

Updated January 2012