



NAMI-Linn County (NAMI-LC) is a non-profit, volunteer organization that offers an array of free services, including a resource and referral phone line, support groups for persons with lived experience in mental illness, their family members, and friends, and educational classes and programs.

Support Group

NAMI Linn County offers an online NAMI Family Support Group at 6 p.m. the first and third Thursday of the month via Zoom. To take part, please email nami-lc@hotmail.com and we will send you information and a link to the meeting. Two trained facilitators (not counselors) conduct our sessions, which draw on the wisdom and experience of participants.



Short's and Marion Community Night

Join us at Short's Burger & Shine in Uptown Marion (dine in or carry out). Date pending for the NAMI-Linn County night fundraiser in 2021. Short's will donate 15% of all sales after 5 pm to NAMI-Linn County. Stay tuned for details! Our 2021 Date with Short's is (TBD).



Iowa Shares

NAMI Linn County has taken steps to learn from other Iowa nonprofits. We have affiliated with Iowa Shares, a coalition of social change, environmental, and cultural non profit organizations that make a direct impact on Iowa communities through research, education, advocacy, and direct service. As a member organization with Iowa Shares, NAMI Linn County can collaborate with and learn from other Iowa non-profits and gain access to new fundraising sources such as workplace giving campaigns.

NAMI-LC board members also participate within the Iowa Shares organization to optimize fundraising potential. We look forward to multiple benefits from future endeavors with the Iowa Shares coalition.



NAMI-Linn County Blogs

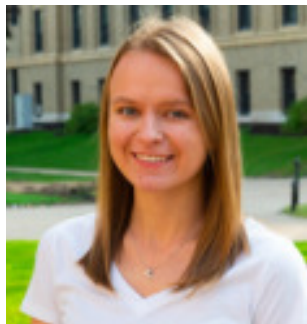
We need your stories! Help spread the word. Mental illnesses are common, yet many Americans do not seek treatment. The best way to break the silence is to share your story. Visit the NAMI-LC website, <https://namilinncounty.org>, for blogs. If you have a helpful story, email nami-lc@hotmail.com or visit <https://namilinncounty.org/contact/>

MakeltOK-LC Ambassador Training

Have passion for reducing mental health stigma? Attend a MakeltOK training session to become an ambassador. You don't need to be an expert on mental health to become an ambassador. Accept the challenge and help spread the word about NAMI-Linn County and Make IT OK. Now accepting January applications—click on [calendar of events](#)

Intern Update

This past month, our fall intern, Caroline Strauel, completed her internship with NAMI-Linn County. As a junior at Coe College with studies in psychology, biology, and neuroscience, she learned about non-profit organizations.



Caroline successfully worked on a number of projects, including the MakeltOK campaign and seminars, this winter newsletter, and programming at Coe College. A big thank you to Caroline for her hard work and dedication. We wish her the best of luck in finishing her college education and future career.

Your Donation Means Everything

NAMI-Linn County gives hope to people struggling with mental illness and support to their families and friends throughout the year. To build a brighter future, help support our signature programs, classes, and outreach. Donate at NAMI-Linn County, [Donate Now - Nami Linn County](#)



Spotlight

Ian Schweiger, the hardworking Director of Development for NAMI-Linn County, oversees our day-to-day operations. He helps with public and media relations, supervising the internship program, fundraising, as well as project and event management. A Cedar Rapids resident, Ian graduated from the University of Iowa (2018) with expertise in health management and entrepreneurship.



His goals are to help create more awareness for mental health programs in the community and to work toward eliminating stigma associated with mental illness. He has helped brainstorm, assist, and bring to life many public forums and community events. Ian helped foster collaboration with the MedQuarter Faith and Medicine Task Force, assisted in jumpstarting the internship program, and created the chapter's data spreadsheet. His favorite pastimes include spending time with family and friends, golf, tennis, and cheering for the Super Bowl Champions, the Kansas City Chiefs.



A Big Thank You to volunteers and supporters. We appreciate your time and talent in 2020.

Family-to-Family

NAMI Family-to-Family is a free, eight-session education program for family, friends, and significant others of adults with serious mental health issues. Participants learn about anxiety, depressive disorders, schizophrenia, bipolar disorder, and other mental health conditions. Other topics covered include communication, problem solving, treatment, and recovery. We will offer Family-to-Family **online at 6 p.m. Wednesdays beginning Jan. 6, 2021.**

URGENT: Registration Deadline is Dec. 31.

To register, please send your name, street address, and phone number to **nami-lc@hotmail.com**. We will contact you about the class before putting you on the roster. Class size is limited, so please contact us soon.

Board Members

Kurt Rogahn-President
Katherine Shea-VP
Michelle Allmandinger-Secretary
Jackie Smith Duggan-Assistant Secretary
Tyler Bruzek-Treasurer
Mona McCalley-Whitters, PhD -Executive Director
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John Brobst-Board Member
Wayne Jerman-Board Member
Steve Miller-Board Member
Stacey Pawlak-Board Member, Webmaster
Michelle Umbarger-Mackey-Board Member, past secretary
Liz Breen-Board Member

A Call to Action in 2021

Share your ideas and passions about mental health with us.

Reach out to board members via email or <https://namilinncounty.org>,

Pandemic and Violent Crimes

Add violent crime to the concerns associated with pandemic and the derecho damage. Wayne Jerman, NAMI Linn County board member and Cedar Rapids Police Chief, discussed the role that COVID plays in increased violent crime. In our lives and in our neighborhoods, stress from the pandemic continues to disrupt mental health, physical safety, and plays a role in increased violent crime. If you need help over the upcoming holidays, connect with community resources and reach out to NAMI-Linn County. **You are not alone! We are here for you!**

<https://cbs2iowa.com/news/local/crpd-pandemic-plays-a-role-in-violent-crime-increase>

AmazonSmile

Are you ordering gifts online during the pandemic? Amazon customers can now support NAMI Linn County and make donations for NAMI-LC. Go to smile.amazon.com and create/sign in to your Amazon account. Search NAMI Linn County. If you already have AmazonSmile, click on Accounts and Lists. Under Other Programs, click on Change your Amazon Smile Charity. Thank you for remembering us!




*Wishing you and your family a safe
and happy holiday season!*


To sign-up to receive our newsletter, please send a request to nami-lc@hotmail.com or mail your request to 601 Second Ave. SE, Cedar Rapids, IA. 52401