



NAMI York Adams Counties PA will be hosting our PAUSE Support Groups for middle school and High school students this summer.

Groups will be meeting virtually from 12:30 pm to 1:30 pm Monday through Friday. Groups will begin on Monday, June 5 and run through the end of August.

If you know a student who would benefit from attending the summer program, please have them register using the link below.

Want to keep the conversations going?

Join us

beginning June 5th through August 31, 2023

Monday through Friday from 12:30 - 1:30 pm

Register Here:

<https://bit.ly/NAMIYAsupport>

June Calendar of Events

12-16 CIT Training Week

26-30 CIT Training Week

18 - Father's Day

July Calendar of Events

4 - Independence Day (NAMIYA office closed)



On July 4th, the NAMI York Adams office will be closed to observe Independence Day

Breaking The Silence



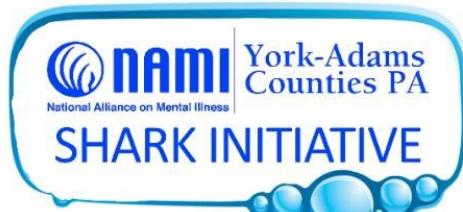
On Friday, May 12, 2023 NAMI York Adams partnered with Bartz Brigade and Building Bridges for Brianna and the York Revolution to host Breaking The Silence.

The event brought awareness to mental health and suicide prevention. In 2022, York County lost 67 precious lives to suicide. The night had many mental health providers and lots of information on local resources and services. After the game, a special ceremony "Whispering From Our Hearts" took place to honor those we have lost. Surviving families held purple glow sticks and the community surrounded them in a circle with green glow sticks.

Many thanks to the many organizations who came out to share their information during the event, and to all of the volunteers who helped to make the evening a great success.

Plans are underway for next year's event. Watch for more information in 2024!





**YOUR
VOICE
MATTERS**

Help change
mental health
in York County.

LET YOUR VOICE BE HEARD

NAMIYA is hosting focus group meetings throughout the county to collect the data needed to help promote change to our mental health system. If you are a college student, caregiver, first responder, teacher, administrator or even no experience with mental health—come attend a one time only meeting to share what's important to you. Please contact Desiree Irvin at: desiree.irvin@namiyorkadams.org to participate in an upcoming focus group.



York College of Pennsylvania Hosts - Focus Group

Many thanks to Shayna Young our college intern for organizing a SHARK INITIATIVE FOCUS GROUP! On April 25 nine students from various course studies took part in the discussion group. During the meeting we shared information on who is NAMIYA and what services we provide to the community. The group had great discussions about our current mental health system and the challenges they face a students and new college graduates entering the work force .

PROGRAMMING SCHEDULE



VIRTUAL MEETINGS

Every Wednesday evening— 6 - 7 pm

Every Thursday morning—10 - 11 am

Registration is required:

Call Desiree Irvin at 717-848-3784, Ext 103

Or use the online registration link at:

<https://bit.ly/NAMIYAsupport>

IN-PERSON MEETINGS

1st and 3rd Monday each month

6 - 7:30 pm

Location: Providence Church

6146 York Road, Spring Grove, PA 17362

No need to register



VIRTUAL MEETINGS

1st Wednesday each month— 7 - 8 pm

2nd Tuesday each month—11:30 - 12:30 am

Registration is required:

Call Desiree Irvin at 717-848-3784, Ext 103

Or use the online registration link at:

<https://bit.ly/NAMIYAsupport>

*Additional In-Person Educational
Classes and Support Groups
Coming Soon!*

Meet Our New Staff:



Avery Volz is our new PAUSE Facilitator for the summer support groups. Avery is excited to kick-off the summer program and help other students struggling with their mental health.

Please join us in welcoming Avery to the NAMIYA team!



Join us for a Mental Health Awareness Rally on the steps of the PA State Capitol in Harrisburg

on

September 22, 2023

More information to come!



If you or someone you know need help,
contact NAMI HelpLine

Mon. – Fri. from 10 a.m. – 10 p.m. ET

Call: 1-800-950-NAMI (6264)

Text: 62640

Email: helpline@nami.org

Chat: nami.org/help

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