



# News for MOMs

## Community Support Group Meeting

NAMI Walks Southern Arizona  
Kino Veterans Memorial Stadium  
Saturday, April 6, 8:00 am – 12:00 pm

Join Team MOMs as we participate in this event for the National Alliance on Mental Illness! Walks are 5K (3 miles) or 3K (1 miles) in the Kino Stadium. The ball field will be filled with grass, music, and entertainment! It promises to be a beautiful morning.

RSVP by April 3rd to Corrie at 520-488-6927 or Briana at 520-307-7395. Please let them know if you need help with transportation!

## Spotlight on the National Alliance on Mental Illness (NAMI) Southern Arizona

*The mission of NAMI Southern Arizona is to improve the quality of life for individuals who live with mental illness and for their family members by providing education, advocacy, and support that is high quality, recovery oriented, and culturally sensitive.*

NAMI Southern Arizona is an affiliate of the National Alliance on Mental Illness (NAMI). NAMI has 1,200 affiliates in the U.S. NAMI is a non-profit, grassroots organization providing **advocacy, education, and support** to all those affected by mental illnesses.

For more than 25 years, NAMI of Southern Arizona has been helping individuals with mental illness and their families. Many members, staff, and volunteers of NAMI Southern Arizona are individuals who have experience with mental illness because they have a mental illness themselves, or they have a loved one with a mental illness.

**Advocacy** for individuals with a mental illness and their families is offered through office appointments with Staff Advocates and Resource Specialist Advocates

**Education** is offered through various groups and presentations for families of individuals with a mental illness and the general public.

**Support** through groups and mentor programs for individuals experiencing a mental illness and their families.

\*Many of the services offered by NAMI Southern Arizona are also available in Spanish.

### Important Dates

\*see reverse for more details

#### Weekly:

Mon: Bike Maintenance

Tues: CFB Farmer's Market

Tues, Wed, Thurs: GED Preparation

#### This Month:

April 6: Community Support Group

April 7: Tucson Museum of Art

April 13: Young Women's Empowerment Academy

April 21: Earth Day Festival

April 27: Family Day @UA Poetry Center

To access a full list of resources and more information on NAMI of Southern Arizona visit their website at: [www.namisa.org](http://www.namisa.org)

#### **NAMI Southern Arizona**

6122 E. 22nd St.  
Tucson, AZ 85711

**Phone:** (520) 622-5582

**E-mail:** [NAMIsa@NAMIsa.org](mailto:NAMIsa@NAMIsa.org)

**Hours of Operation:**

Mon. - Fri, 9 AM to 5 PM



*Know someone who might be interested in participating in the MOMs program?*

*Please have them call Corrie at 520-488-6927 or Briana at 520-307-7395.*

## MOMs Partners: Services for You

**Southwest Institute of Research on Women (SIROW). Mujer Sana Healthy Woman** 811 S 6<sup>th</sup> Avenue (across from St. Vincent's Thrift Store). Contact your health educator to use the computer lab or library in the office. Case management is offered in the areas of health, employment, etc. Contact Briana (520) 307-7395, Corrie (520) 488-6927, or Alanna (520) 307-2191 for more info.

**Compass Affordable Housing** 2835 N. Stone Ave. Available to help you locate affordable housing based on your individual needs and location. Contact Kelly at (520) 647-9652 to make an appointment to discuss housing options. Start early—finding housing requires time up front.

**Las Familias** 1600 N Country Club (on the NE corner of Country Club and Lee). Offers counseling and support for survivors of childhood sexual assault and trauma. Contact Alicia Perez at (520) 327-7122 Ext. 1221.

**Parent Connection** 5326 East Pima Street (west of Craycroft). Offers age-specific parenting classes, mother-baby play groups, and newborn classes. See your welcome folder for class dates and times. If you're interested in signing up for a class, contact Alison at (520) 321-1500.

"The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new."

- Rajneesh

### Playtime

#### Treasure Hide and Seek

Use any object that's handy and easy to spot to use as the "treasure" in a game of hide and seek. While the seekers hide their eyes and count to 30, the hider finds a good place to hide the treasure. Then everyone looks for it. Whoever finds the treasure is the new hider. Everyone enjoys this game and preschoolers can play too. Play outdoors or inside.

#### Scavenger Hunt

Draw up a list of things to look for at the park or on a hike, then look for them. Simple enough. Make the hunt more interesting and challenging by first generating a list of about 100 possible items (a feather, a soda can, a red leaf, a caterpillar, an empty chip bag, whatever...). Cut apart the list and put all the slips of paper into a jar. Draw out 20 slips and use those as the list for your hike. Or, each person can draw out her own set of 7 to 10 slips. This game is different every time!

## Outside Resources and Events

**Bike Maintenance for Women & Transgender Folks.** BICAS, 44 W Sixth Street, Mondays 4-8 pm. Learn bike maintenance or earn a bike with volunteer labor! FREE.

**Community Food Bank Farmers' Market**, 3003 S. Country Club Dr. (between Ajo & 36th St), Tuesdays 8 am – 12 pm, Accept FMNP/WIC fresh fruit and vegetable vouchers, cash, SNAP/EBT and credit cards.

**GED Preparation and Tutoring**, Sam Lena-South Tucson Library, 1607 S. 6th, Tuesdays, Wednesdays, and Thursdays, 3-6 pm. FREE.

**Tucson Museum of Art**, 140 N. Main Avenue. FREE admission first Sunday of each month. April 7, 12-5 pm.

**7th Annual Young Women's Empowerment Academy**, UA Student Memorial Center. For girls ages 13-17. Workshops and activities focused on teamwork, leadership, and confidence. 8:30 am—3:00 pm. Parents' Workshop 9-11:30 am. Contact Lu-Ann Codero, 621-3700. FREE.

**Earth Day Festival**, Reid Park, S. Country Club Rd. April 21, 9:00 am—2:00 pm. Environmentally themed exhibits, music, performances, and food vendors. All exhibits include hands-on environmental activities for young and old alike. FREE.

**Family Day @The University of Arizona Poetry Center**, 1508 E Helen Street, April 27, 10 am—1 pm. Family Day is a Saturday open-house for youth of all ages and their families. Activities include: youth writing, games, storytelling, creative movement

### Recipe: Banana-Walnut Oatmeal

#### Ingredients

- 1 cup fat free milk
- 1 cup quick oats
- 1 very ripe banana, mashed
- 1 tablespoon chopped walnuts
- 1 tablespoon maple syrup

#### Directions

1. Wash hands with warm water and soap. Wash all fresh produce before preparing.
2. In a small saucepan, combine milk and  $\frac{3}{4}$  cup water.
3. Heat over medium heat until steaming hot, but not boiling.
4. Add oats and cook, stirring until creamy, 1 to 2 minutes.
5. Remove the pan from the heat and stir in mashed banana and 1 tablespoon maple syrup.
6. Divide between 2 bowls, garnish with walnuts and a little more maple syrup and serve

