



PEACE OF MIND PACIFIC COUNTY NEWSLETTER

HOPE AND RECOVERY FOR ALL!

The mission of Peace of Mind Pacific County is to help residents of Pacific County understand and advocate for brain and behavioral health through education, events, and community partnerships.

A Peace of Mind Pacific County publication

Fall 2019 Issue

Upcoming Events

November 26th

Community
Awareness Dinner
Peninsula Church Center
Seaview
Dinner: 6:00 p.m.
Speaker 6:30 p.m.
Mark Niezgoda
Crisis Connections

December 4th and 18th

Coffee Hour
1:00 p.m.
Adelaide's Coffee Shop
Ocean Park

December 17th

Annual Open House
Peninsula Church Center
Seaview
Dinner: 6:00 — 7:30 p.m.

December 21st

Blue Christmas Service
Ocean Park Lutheran Church
6:30 p.m.

January 1st and 15th

Coffee Hour
1:00 p.m.
Adelaide's Coffee Shop
Ocean Park

January 28th

Community
Awareness Dinner
Peninsula Church Center
Seaview
Dinner: 6:00 p.m.
Speaker 6:30 p.m.

February 5th and 19th

Coffee Hour
1:00 p.m.
Adelaide's Coffee Shop
Ocean Park

February 25th

Community
Awareness Dinner
Peninsula Church Center
Seaview
Dinner: 6:00 p.m.
Speaker 6:30 p.m.

Dealing with the Holidays and Getting Help by Phone and Online



crisis connections
support • resources • training
formerly known as crisis clinic



We're fortunate to have a special guest join us for Tuesday's Community Awareness Dinner. It's a perfect time, two days before Thanksgiving Day.

Mark Niezgoda has worked for the past four years as an education specialist for the Seattle-based organization Crisis Connections. He will be focusing Tuesday on two important issues: how to care for ourselves in the middle of the particular stresses of the holidays, and the statewide phone resources available to people of all ages and situations throughout Pacific County.

Mark has worked closely with both the Mental Health Warm-line, which is available 4 to 10 pm every day, and the Recovery Help Line, available 24-7 for anyone dealing with substance use issues. He will also bring information about the statewide peer-run Teen Link, begun in Seattle and now reaching youth with online chats everywhere in Washington State.

Everyone is welcome to the free dinner at 6:00 pm, featuring homemade chilis, soup, and cornbread, provided by Peace of Mind Pacific County. Both the dinner and the 6:30 program are held at the Peninsula Church Center, 5000 N Place/Washington Street in Seaview, one block east of Pacific Highway. For more information, look online at www.pompc.org and on Facebook at [peaceofmindpacificcounty](https://www.facebook.com/peaceofmindpacificcounty). For transportation to the dinner and program, email info@pompc.org or phone 360 642-3448

A message from the president....



Since the beginning of the newsletter's message from the president's column, it's been used as a vehicle for thanking every one involved in doing our special work since the last issue. While I am thankful for everyone's efforts, I am using this platform as a way to offer my personal thanks to everyone helping me through a rather extended depressive episode. While there is no particular trigger to this episode, it has been complicated by the added stressors like finance, health, death of a particularly loved pet, and so many have stood by me that it can't go unacknowledged. We fight to eliminate stigma here at POMPC and part of that includes being open and honest. So here it is honestly, I have major depressive disorder. I have spent many months now struggling to get out of bed just to be present in my own life. And many days recently, I have been unsuccessful in that endeavor. The times that I have been able to participate in life are in no small part a result of the encouragement and understanding of supportive family and friends. I can't name you all and the specific ways you support me while fighting this darkness, but please know that I am extremely thankful that you are in my life. The calls, cards, texts, and gifts all give me hope and encouragement that I have such a caring family and community that I want to be part of. I **am** fighting to return but sometimes I'm not able to have the cup of coffee, go to the meeting, or have the dinner.

Thank you all for your understanding, love and support,

Nikki

Meditation for November 9, from *The Promise of a New Day*

We can increase our level of serenity by learning to nurture ourselves. The child in us continues to need security and tenderness, even while other children in our lives may call on our reserves. We can ask for nurturing from others, but our surest source is ourselves.

People who have never learned to love themselves may not be able to tap their source of security and tenderness. It's never too late to start loving ourselves, fortunately. Neglect and abuse in early life may have damaged us; we may have to unlearn many years of mistaken lessons. What better time than the present?

Self-nurturing is a great adventure. We must remember to have patience with ourselves, for deep trust and security, the kind we all need, don't happen in a moment. Especially if we're unlearning some damage, we must go slowly. We are a precious gift, to ourselves and others, and we deserve love and nurture.

Online Connections

Instead of Barb's Book Corner, this time we're providing connections to organizations and websites that you can use on your own and pass along to others.

***Mental Health on The Mighty email@e.themighty.com** Peer and professional information, "talks about mental health with compassion and without judgment." Current item: the difference between PTSD and complex PTSD.

***Brain and Behavior Research Foundation, formerly NARSAD. enews@bbrfoundation.org** Offers research and webinars. December 10 webinar is on changing the way we look at eating disorders

***Psych Hub psychhub.com** Offers at no cost 100 brief videos on mental health, trauma, and suicide prevention issues. Cofounded by Patrick J. Kennedy and Marjorie Morrison.

***Mental Health Ministries – "to erase the stigma of mental illness"** Online and print resources for use in faith communities. Mentalhealthministries.net

***Crazy Lectionary** Biblical resources developed by a minister who lives with major depression. [Biblia Luna](http://BibliaLuna)
<https://biblialuna.com/>

***BP Hope.com** Comments and suggestions by peers and professionals about bipolar disorders and recovery. mail-bag@bphope.com

Blue Christmas Service

Saturday
December 21st, 2019
6:30 p.m.
Ocean Park Lutheran Church
24002 U Street
Ocean Park, WA

Service followed by fellowship and refreshments.

*An Ocean Park Lutheran Church
and Peace of Mind Pacific County
Partnership event*



Peace of Mind Pacific County Annual Open House

**December 17th, 2019
6:00—7:30 p.m.
Peninsula Church Center**

Food, music, fun and family friendly



So, what have we been up to?

- August Community Awareness Dinner Speaker—Jackie Smith and suicide prevention training
- September 8th: Recovery Sunday—annual event supporting recovery distributing flowers of hope and resource information. Rained out in south county but north county was able to reachout to the community. Thank you north county members!
- September 18th: The Ripple Effect Film about Kevin Hines in partnership with Pacific County Health Department
- September 20th: Ocean Beach Hospital Health Fair
- September 25th: Pacific County Opioid Summit
- September Community Awareness Dinner Speaker—Amy Huntley Superintendent, Ocean Beach School District: Students and Mental Wellness
- October 18th: Wellness Recovery Action Plan for Adults
- October Community Awareness Dinner Speaker: Community Health Survey
- October 26th: Rx Take Back
- November 22: Family Fun Night sponsored by Wellspring Community Network



PEACE OF MIND PACIFIC COUNTY

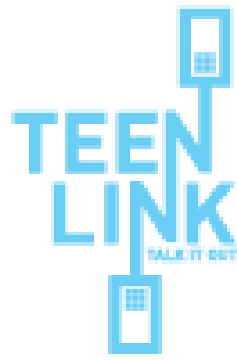
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Peace of Mind Pacific County is an all-volunteer peer-led nonprofit organization providing education, support, and community connections for people of all ages. POMPC includes members with lived experience of brain and behavioral issues of all kinds. Our motto is Supporting Hope and Recovery for All. We are affiliated with Mental Health America, Great Rivers Behavioral Health Organization, and WellSpring Community Network.



To speak with a teen phone worker between 6pm and 10pm (PST), please call toll free.

1-866TEENLINK (866-833-6546)

