



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco
www.namif.org

Volunteer and Part Time Job Opportunities

There are some volunteer and paid opportunities in the NAMI San Francisco Office

If you have time and some skills, especially

- bookkeeping in Quickbooks
- computer/internet communications
- database management
- Newsletter articles and ideas

Please call or email Barbara Redfield at namis@fsasf.org or call 415-474-7310, x437

Recent Local Finds:

If you're looking for helpful therapy, try these books by Jon Kabat-Zinn! *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness* and *Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*.

I just discovered Mindfulness-Based Cognitive Therapy, offered at Haight Ashbury Psych Services. I took a daylong workshop with Lee Lipp, PhD.

For meditation, check out www.sfinsight.org.