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March 2019 NAMI Greater Des Moines newsletter has been posted! [Read it here](#)

Other new posts to the site:

- A document of **Additional mental health related articles** and videos from around the nation and can be found at the same location as the March newsletter.
- **Mental Health - Mind Matters** is at the Science Center of Iowa through April. Please allow plenty of time for your visit. It's interesting and eye opening.
- Click [here](#) to reach the **2019 Course Schedule** to sign up for a class or find a support group.

Upcoming Events:

- **Mark your calendars! During the month of March. . .**

NAMI Greater Des Moines has been selected as the charity of the month at the **Iowa Taproom!**

For every flight of Iowa Brewing Company beer purchased in March, a portion of those proceeds will be donated to our organization.

Upcoming Events



These classes are waiting for your sign up. . .

Feb. 28 to May 16

[Family to Family class - 12 weeks - Thursday evenings](#)

Location: NAMI GDM Office, 511 E. 6th St., Suite B, Des Moines
No more than the first two classes can be missed to be able to join the class.

Time: 6 PM - 8:30 PM
There is no fee to attend this class.

March 5 to April 9

[Art as Meditation - Tuesday evenings](#)

Location: NAMI GDM Office, 511 E. 6th St., Suite B, Des Moines
Time: 6 PM- 7:30 PM
Fee - \$35

Also, please enjoy the four large posters and table tents raising awareness for **mental illness**.

Please share this message with your friends, colleagues, and in your workplace.

- **[NAMI Ask the Expert: Supporting a Loved One with Psychosis](#)**

Register Today for NAMI's Ask the Expert Webinar: Skills You Can Use to Support a Loved One Experiencing Psychosis on Friday, March 22 from 4:00–5:30 p.m. EST.

[Register Today »](#)

- **Vote on Tuesday, March 5 for Public Measure A** - **“What matters enough to you that you'd raise your own taxes to see it happen?”**. The funds raised from the one cent local option sales tax will help to build **Children's Mental Health Crisis Services**.

Critical Infrastructure Improvements to improve our neighborhoods and make Des Moines a better place to live and visit.

- Road and bridge improvements and repairs
- Sewer and storm sewer improvements to reduce the impacts of flooding throughout the city
- Fund our first responders while improving emergency response times throughout Des Moines
- A fully staffed new Fire Station on the NE side of Des Moines.

Property tax relief for Des Moines - 50% of sales tax revenue will be dedicated to property tax relief. It will reduce Des Moines' reliance on property taxes.

- If Public Measure A is passed, the 20 cent increase from last year will be removed and the

March 9 **[Zentangle & Mindfulness - on a Saturday afternoon](#)**

Location: NAMI GDM Office, 511 E. 6th St., Suite B, Des Moines

Time: 1PM to 3:30 PM
Fee - \$20

March 23 **[NAMI Smarts for Advocacy - on a Saturday](#)**

Location: NAMI GDM Office, 511 E. 6th St., Suite B, Des Moines

Time: 9AM to 3PM

April 4 to May 23 **[Peer to Peer class - 10 weeks - Thursday evenings](#)**

Location: NAMI GDM Office, 511 E. 6th St., Suite B, Des Moines

Time: 5:30PM to 7:30PM

Who to contact to sign up?

Call 515-850-1467, or email director@namigdm.org

[Click Here to view all of our events!](#)

property tax levy will be reduced by another 40 cents.

- The income produced from the local option sales tax will delay future property tax increases, reduce city debt and preserve core city services.
- If the March 5 vote does not pass, Des Moines will have to raise property taxes \$1.50/\$1000.
- Groceries, prescriptions, gasoline and utilities are **exempted** from the Local Option Sales Tax, **helping reduce the impact on lower-income families.**
- **33% of the revenue** generated by the Local Option Sales Tax will come from **visitors from out of town.**
- All spending will be subject to oversight, public notice and audit.

Additional benefits

- Expansion of the “Blitz on Blight” to help remove properties that have fallen into disrepair and/or have been abandoned. Currently the city can remove 7-15 properties per year, with Public Measure A the city can remove nearly 150 per year.
- Expansion of requirements on rental housing, including the addition of 4-6 inspectors to work throughout the city neighborhoods to inspect rental properties and protect public safety.
- Restore library hours. All libraries would be open till 8 PM and Saturdays. Two libraries would be open on Sundays. Library access is critical for access to educational/vocational services, learning opportunities, the internet and many other public services.
- **Support for mobile crisis services for youth and provide mental health services.**

NAMI Resources

NAMI GDM website -

www.namigdm.org

About Us + more

Get Help

Crisis Information
Illness Information
Support Groups + more

Get Involved

Legislation and Advocacy
Volunteer
Faith
Community Conversation 2.0 + more

Resources + more

News & Events

Newsletters
Scheduled Trainings

Amazon Smile

Remember, if you want Amazon to donate to National Alliance On Mental Illness of Greater Des Moines, you need to start each shopping session at the URL <http://smile.amazon.com/ch/42-1333379>. You need to select a charitable organization to receive donations from eligible purchases before you begin shopping. They will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Choose: National Alliance on Mental Illness of Greater Des Moines

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