

JANUARY 2010

5 - NAMI-VB Board Meeting

**7 - Regional Budget Meeting, 12:00 noon TCC Campus,
Portsmouth**

**18 - Mental Health Coalition Rally, 9:30 am, State Capital,
Richmond**

**21 - NAMI-VB Advocacy letter writing, 6:30 pm, Room 140,
Pembroke 3**

FEBRUARY 2010

**9 - Education Program, MIND ON THE EDGE, video and
panel, 7:00 pm, Eastern**

Shore Chapel

MARCH 2010

2 - NAMI-VB Board Meeting

**9 - Quarterly Meeting, 6:30 pm social, 7:00 pm meeting,
Eastern Shore Chapel**