

NAMIwalks 2019  
Kirkland, WA  
June 8<sup>th</sup>  
9:00 AM

Do you like seeing all kinds of cute dogs? Do you like being next to the water and seeing all types of boats? Do you like checking out all the lovely flowers along the parks and yards? My husband and I rode the 6:55 ferry from Southworth to attend the NAMIwalk for the state of Washington. We had a blast! It is always so inspiring and moving to see all the attendees from various groups all over the area. We browsed numerous booths of information to assist people who have mental health issues. Then we lined up to do our 5K walk (or 2K if preferred). We went in smaller groups of about 100 and started walking through downtown Kirkland. There was a huge banner stretched across the street as we strolled on the sidewalk. Several people out walking the streets stopped us to ask what NAMI stood for. It was a great opportunity to talk about our organization and the benefits it provides for our state and community. We got many cheers for coming from Kitsap County (we had a sign). One man we ran into said he had a relative living in Port Orchard. When we finished our walk we were given snacks and water, and then we added to that with some bubble waffles from one of the food trucks that were in attendance. NAMIwalks is the premiere way to raise funds that pay for all of the NAMI programs, including F2F!!! Our goal was to raise \$275,000, but we ended up raising 290,125!!! There were 1402 participants, so you see this really is a big deal! As many of you can attest to, NAMI came into our lives just when we needed it most. I don't know what we would have done without NAMI when we were faced with our son's mental breakdown. I would encourage many of you to become involved in our NAMIwalks next summer!!!

Lynnette and John Wickersham

