2019 NAMI Texas Annual Conference
November 8-9, 2019
Houston Marriott West Loop by The Galleria

Please join us at Road to Resilience: the 2019 NAMI Texas Annual Conference!

A few workshop sneak peeks for you...

My Authentic Journey from Depression to Recovery
International Award-Winning Speaker Pam Goodfriend will describe how Dialectical Behavior Therapy (DBT) opened a route to her personal Road to Resilience. She will teach some DBT skills during this workshop that could benefit others as well.

Successful Aging and Resilience
Dr. Paul Jurek and Emily Wilson will discuss the life transitions of people who live with mental health issues and how aging impacts them and their caregivers. The presenters will explore ways to build resilience for these transitions.

Your Religion and Your Mental Health
Askala Harris will review the history of stigma against mental health in religious communities and present some specific tools to help open dialogues with clergy members, congregations, and communities at large. Ms. Harris is active in the Presbyterian Church (USA) in the local, regional and national levels.

Conference Schedule At-A-Glance

The full Conference Program will be available in October. For now, we are excited to share the Conference Schedule At-A-Glance!

Volunteer for the Conference

We need conference volunteers to help make the event a success! If you're attending the conference and want to pitch-in, please consider signing up for a volunteer shift or two. PLEASE NOTE: we are only accepting as volunteers those who are already registered for the conference.

Hotel Early-Bird is expiring soon

Our beautiful conference hotel, the Houston Marriott West Loop by the Galleria, is offering the special rate of $79 per night during our conference. THIS RATE IS ONLY AVAILABLE UNTIL OCTOBER 10TH. Book today!

Make the most of your time in Houston!
The first-place Houston Astros begin their playoff-run this weekend, but baseball season will be over before Road to Resilience. That's ok: there are plenty of other fun and engaging things to do in Houston!

-Sports fans might want to check out a Division 1 college game: the Houston Cougars, Rice Owls, and Houston Baptist Huskies all have home games after Road to Resilience ends.

-It's time to start thinking about where you're going to grab dinner after Road to Resilience ends on Saturday (the bar will be set high by our Awards Celebration Dinner on Friday - make sure you're registered)! Houston has all kinds of food. Our Guide of Things to Do in Houston may be helpful in figuring out where to eat. Also, check out this list of the best restaurants in the Galleria area. And to start your day on Sunday, why not visit the Montrose Harvest Market and then stop by the 14th Annual International Risotto Festival? Yum!

-Our conference is on Veterans Day Weekend. On Sunday after Road to Resilience, there will be a huge veterans fundraiser concert at the Toyota Center, featuring some of the biggest names in music. Also, check out the City of Houston's "Houston Salutes American Heroes Veterans Day Celebration". Houston has the 2nd largest veteran population in the nation with over 250,000 veterans in residence.

**Sponsor and Exhibitor Update**

Our conference sponsors and exhibitors are a huge part of how we're able to pull together the NAMI Texas Annual Conference. We deeply appreciate their support of education, celebration, and networking opportunities for people whose live have been affected by mental health conditions. **We have a limited number of additional sponsorship and exhibiting opportunities available before the October 14th deadline** - check out the sponsorship packet and exhibitor packet for details!

Our confirmed sponsors and exhibitors are below. [Please note: this image does not yet include two exciting new exhibitors - Joyages and The Mental Health Co-op.]
Thank you to our sponsors and exhibitors!

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Thank you to our sponsors and exhibitors!

Exhibitors

- NAMI Greater Houston
- Clubhouse Texas
- Menninger
- CEDAR CREST
- Wellpath Recovery Solutions