

Autumn 2020 Course List



NAMI Family-to-Family

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people living with a mental health condition. It is a designated evidence-based program that includes presentations, discussion and interactive exercises. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. NAMI Family-to-Family provides critical information and strategies for taking care of the person you love.

Dates: Saturdays, October 24th – December 19th | 2pm – 4pm

[Click Here to Learn More](#)

NAMI Peer-to-Peer

NAMI Peer-to-Peer is a free, 8-session education program for adults living with a mental health condition who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises.

Dates: Sundays, November 1st – December 20th | 2pm – 4pm

[Click Here to Learn More](#)

NAMI Basics*

**Childcare stipends available.*

NAMI Basics is a free, 6-session education program for parents and family caregivers of children and teens who are experiencing mental health issues. You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care.

This peer-led program provides critical strategies for taking care of your child and learning the ropes of recovery.

Dates: Tuesdays, November 10th – December 15th | 6pm – 8:30pm

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