# The NAMI Difference

NAMI Support Groups are *not* counseling or group therapy. They are peer-led by individuals with their own lived experience.
All groups are confidential.
Participants can share as much or as little personal information as they wish.

All educational classes are evidence-based and taught by trained peers, individuals with their own lived experience.

All support groups and educational courses are free of charge to participants.



# **Donate today**



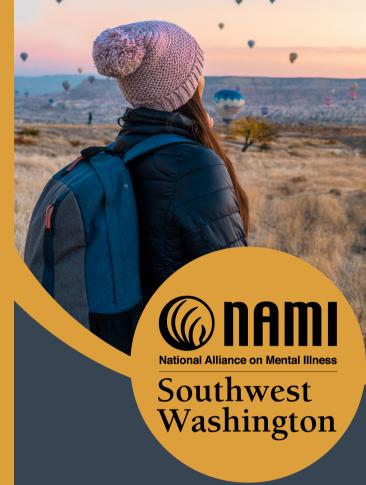
#### Follow us at

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NAMI SW WA is a 501(c)3 EIN 91-1065027



2023 Programs

Education. Support. Advocacy. Awareness.

All NAMI SW WA Programs are free for participants



All Connection Support Groups are for adults (18+) living with a mental health disorder.

All Family Support Groups are for adults (18+) who have a loved one living with a mental health disorder. All support groups are online at <a href="https://www.namiswwa.org/zoom.">www.namiswwa.org/zoom.</a>

#### For Individuals

Dual Diagnosis (substance use and mental health)

1st/3rd Mondays, 4 - 5:30 PM

Women's Support

Every Wednesday, 10 - 11:30 AM

**Connection Support** 

Every Thursday, 3:30 - 5:00 PM

**Adult Autism Support** 

1st/3rd Fridays, 6:30 - 8 PM

## **For Family Members**

Thursday Afternoons

Every Thursday, 3 - 4:30 PM

**Tuesday Evenings** 

1st/3rd Tuesdays, 6:30 - 8 PM

#### **Educational Courses**

### **For Family Members**

#### **Family-to-Family Course**

8 classes, usually over 8 weeks. NAMI SW WA offers Family-to-Family up to four times a year. For adults (18+) who have a loved one living with a mental health disorder. Pre-registration is required.

#### **Family and Friends Seminar**

90-minute seminar about mental health topics. NAMI SW WA offers the seminar up to four times a year. For adults (18+) who have a loved one living with a mental health disorder. Pre-registration is required.

#### For Individuals

# Wellness Recovery Action Plan (WRAP) Class

8 classes, usually over 8 weeks. NAMI SW WA offers WRAP Class up to four times a year. For adults (18+) who are living with a mental health disorder. Pre-registration is required.

#### **Pre-register for Courses**

Pre-register for courses at <a href="https://www.namiswwa.org/education">www.namiswwa.org/education</a>



### **Ending the Silence**

NAMI Ending the Silence is an in-school presentation about mental health designed for high school students. Students can learn about mental illness directly from family members and individuals living with mental illness themselves.

#### **SEE ME**

SEE ME is a mental health educational presentation for first responders and other front-facing companies. The presentation includes a panel of individuals either living with a mental health disorder themselves or who have a family member living with mental illness.

#### **Resource Book**

Our SW Washington Resource Book covers Clark, Cowlitz, Skamania, and Wahkiakum counties. Resources include not just mental health, but a variety of other helpful services. Updated every 6 months, and available online at all times. <a href="https://www.namiswwa.org/resources">www.namiswwa.org/resources</a>