

## 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.



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### Contact us at

-  (360) 695-2823
-  [info@namiswwa.org](mailto:info@namiswwa.org)
-  [www.namiswwa.org](https://www.namiswwa.org)
-  2500 Main St. Suite 120  
Vancouver, WA 98660

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



## Southwest Washington

# 2023 Programs

**Education. Support.  
Advocacy. Awareness.**

All NAMI SW WA Programs  
are free for participants



## Support Groups

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 [www.namiswwa.org/zoom](http://www.namiswwa.org/zoom).

### 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 [www.namiswwa.org/education](http://www.namiswwa.org/education)

## Advocacy and Awareness

### 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. [www.namiswwa.org/resources](http://www.namiswwa.org/resources)

