

Monthly *calendar*

March

2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2

3

4

Family Support Group - Online
6:30 - 8:00 pm

5

Women's Connection Support Group - Online
10:00 - 11:30 am

6

Family Support Group - Online
3:00 - 4:30 pm

Connection Support Group - Online
3:30 - 5:00 pm

7

Creative Writing for Wellness - Online
12:00 - 1:30 pm
Art Group
NAMI Office
1:00 - 3:00 pm
Autism Support Group - Online
6:30 - 8:00 pm

8

9

10

11

STRive Class Online
11:00am - 12:00pm

12

Women's Connection Support Group - Online
10:00 - 11:30 am

13

Family Support Group - Online
3:00 - 4:30 pm

Connection Support Group - Online
3:30 - 5:00 pm

14

Creative Writing for Wellness - Online
12:00 - 1:30 pm
Watercolor Art Group
NAMI Office
1:00 - 3:00 pm

15

16

17

18

Family Support Group - Online
6:30 - 8:00 pm

19

Women's Connection Support Group - Online
10:00 - 11:30 am

20

Family Support Group - Online
3:00 - 4:30 pm

Connection Support Group - Online
3:30 - 5:00 pm

21

Creative Writing for Wellness - Online
12:00 - 1:30 pm
Art Group
NAMI Office
1:00 - 3:00 pm
Autism Support Group - Online
6:30 - 8:00 pm

22

23

24

25

STRive Class Online
11:00am - 12:00pm

26

Women's Connection Support Group - Online
10:00 - 11:30 am

27

Connection Support Group - Online
3:30 - 5:00 pm

28

Creative Writing for Wellness - Online
12:00 - 1:30 pm
Art Group
NAMI Office
1:00 - 3:00 pm

29

30

31

Living Room Hours: Mondays - Thursdays, 11am to 3pm
People who use the living room must have a valid Clark County address and sign an initial use agreement.
Occupancy will be limited to 12 people at a time.

PEER SUPPORT

For those living with a mental health condition

- **Women's Connection Support Group -**
For adult women living with a mental health condition
- **Connection Support Group -**
A coed group for adults living with a mental health condition
- **Autism Support Group -**
A coed group for adults living on the spectrum
- **STRive (Steps to Recovery) -**
A weekly class providing mental wellness education



Contact Us:
(360) 695-2823
4201 NE 66th Ave, #105
Vancouver, WA 98661
info@namiswwa.org
www.namiswwa.org

FAMILY SUPPORT

For those who love someone with a mental health condition

- **Family Support Group -**
A peer led group for adults with a loved one living with a mental health condition

SOCIAL GROUPS

For both peers and family members

- **Creative Writing for Wellness**
This group is for building community, practicing creativity and increasing your writing skills.
- **Watercolor Art Group -**
Learn watercolor techniques and projects taught by a local artist. Supplies included.
- **Project Led Art Group -**
Participate in a different art project every month. Supplies included.
- **Living Room - M-Th, 11am - 3pm**
Come and join others to socialize. People who use the living room must have a valid Clark County address and sign an initial use agreement. Occupancy will be limited to 12 people at a time.