



NAMI Classes & Support Groups

What is the Difference?



Who should I contact with questions?

Please contact our Programs Manager at this phone number:

831-200-3539

Support Groups

NAMI Signature Support Groups are free, peer-led, weekly groups that meet for about 90 minutes per meeting and are drop-in friendly. They are open to folks who have registered and do not require regular attendance. These meetings offer support from fellow community members for day-to-day challenges & successes..

NAMI SCC Support Group Options:

● **Peer Connection Support Group**

- For folks aged 18+ living with a mental health condition/symptoms (no diagnosis required)
- Days & Times: Mon & Wed @1-2:30 pm (Zoom) & Friday @6-7:30 pm (Zoom)

● **Family Support Group**

- For adult (18+) loved ones of adults (18+) living with a mental health condition/symptoms (no diagnosis required)
- Days & Times: Every Thursday @7-8:30 pm (Zoom)

● **Parents & Caregivers of Youth Support Group**

- For adult (18+) loved ones of youth (aged 11-17) living with a mental health condition/symptoms (no diagnosis required)
- Days & Times: 2nd & 4th Wednesday of every month @7-8:30 pm (Zoom)



Classes

NAMI Signature Classes are structured programs that meet once per week for 8 consecutive weeks. Each weekly class meets for about two and a half hours. Classes are not ongoing and take place during specified times during the calendar year. They are open to a group of participants who have applied ahead of time and enrolled as participants. Regular attendance is requested as the material in each class extends from what was covered in previous classes.

NAMI SCC Class Offerings

Please look under the “classes” tab on our website for more information regarding when these classes will be offered!

● **Peer-to-Peer**

- For folks aged 18+ living with a mental health condition/symptoms (no diagnosis required)

● **Family-to-Family**

- For adult (18+) loved ones of adults (18+) living with a mental health condition/symptoms (no diagnosis required)

● **Basics**

- For adult (18+) loved ones of youth (aged 11-17) living with a mental health condition/symptoms (no diagnosis required)

● **Provider Education**

- For Mental Health Professionals looking for more resources & information related to client support. (CEUs available upon attendance)



We Hope to See You at One of Our
Programs!