

## Discover which free NAMI program is right for you, in person and online

### SUPPORT GROUPS



is a free, 90-minute weekly support group for all adults living with mental illness regardless of their diagnosis.



is a free, 90-minute weekly support group for friends and family of a loved one living with mental illness.

### PROGRAMS



is a 6-week learning and support program for parents and caregivers of children and teens with behavioral, mental, or emotional challenges. It is not necessary that the child has received a diagnosis.



is a 50-minute presentation designed to give students an opportunity to learn about mental health conditions through an informative PowerPoint and short videos. The presentation educates students about the signs and symptoms of mental health conditions to give them ideas about how to help themselves, family members, or friends who may be in need of support.



is a 8-week, psycho-educational program for family members and caregivers of adults living with mental illness. The course is taught by two trained family members.



is a 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation, and NAMI resources from two individuals with lived experience.



is a 6-session education program for family, friends, and significant others of military service members and veterans with mental health conditions. NAMI Homefront focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions.



is a presentation for the general public to promote awareness of mental health conditions and recovery. This 40, 60, or 90 minute presentation provides a personal perspective of mental health conditions as leaders with lived experience talk openly about what it is like to have a mental health condition.



is a unique, 8-week, practical learning course for people living with mental illness who are interested in establishing and maintaining their wellness and recovery.



is a series of three to six 1-2 hour modules or as a single full-day training. NAMI Smarts helps people living with a mental illness and the friends and family of individuals living with a mental illness transform their passion and lived experience into skillful grassroots advocacy.

### Children's Challenging Behaviors



is a 6-hour workshop for parents of children and youth with mental health needs. A trained and experienced parent provides information to help parents understand typical behaviors versus challenging behaviors that require intervention.

### Senior Program

is made possible thanks to a partnership between United Healthcare (UHC) and NAMI Virginia. The program offers free mental health education, support, and resources for seniors ages 65 and over. Senior Program offerings include, but are not limited to:

- Family Support Group for Seniors
- Mental Health 101 for Seniors Presentation
- Yoga for Seniors (A collaboration between NAMI Virginia and Veda Circle)
- Self-Assessment Tools
- Senior Resource Library

Local contact: [www.namirapp.org](http://www.namirapp.org) 540-724-6393