



NAMI **Connection Recovery** Support Group is a peer-led, weekly, no-cost support group for adults (18+) living with a mental health diagnosis.

There is no need to register, drop-ins welcome.

The group meets weekly in both Vancouver and Longview.



Women's Support Group

NAMI SW WA **Women's Support Group** is a peer-led, weekly, no-cost support group that focuses on building supportive relationships for adult (18+) women living with a mental health diagnosis.

There is no need to register, drop-ins welcome.

The group meets weekly in Vancouver.



NAMI SW WA's 10-week course **STRivE** educational class for adults (18+) focuses on building skills for recovery and wellness to support an individual's successful and sustained recovery from mental health challenges.

There is no need to register; drop-ins are welcome.

The class meets weekly in Vancouver and Longview and the course repeats after week 10.



Hearing Voices Network is a peer-led, weekly, no-cost group for adults (18+) who fit under an umbrella of "symptoms" such as hearing voices, seeing things, or having unusual beliefs or states that aren't shared with consensus reality.

There is no need to register; drop-ins welcome.

The group meets weekly in Vancouver.



NAMI **Peer-to-Peer** is a peer-led, 8-week, educational program for adults (18+) with a mental health diagnosis who want to better understand their disorder and journey toward recovery.

The class meets weekly for 8 weeks; each class is 2.5 hours long.

Registration is required; please call 360-695-2823 for information on the next session.

For dates, times, and locations call 360-695-2823

FOR INDIVIDUALS

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NAMI **Family Support Group** is a peer-led, weekly, no-cost support group for adult (18+) family members, caregivers, and loved ones of individuals living with mental health challenges. Learn from others, gain support, and be influential in others' lives.

There is no need to register; drop-ins welcome.

The group meets weekly in Vancouver and Longview.

For dates, times, and locations call 360-695-2823



NAMI **Family and Friends** is a one time, peer-led introductory seminar for adult family members, friends, and community members who want to learn basic information about mental illness.

The seminar is either in a 90-minute or 4-hour format taught by Family-to-Family facilitators.

Participants receive a 90+ page booklet with information and resources.

Registration is required; call 360-695-2823 to register.

To register, call 360-695-2823



NAMI **Family-to-Family** is a educational course that provides invaluable peer-led education and support for families who have adult (18+) relatives living with mental health challenges.

The class meets weekly for 12 weeks, each class is 2.5 hours long.

Registration is required; call 360-695-2823 for information on the next session.



NAMI **Basics** is a peer-led educational course for parents and caregivers of children and adolescents (under 18) living with mental health challenges and/or a diagnosis.

The class meets weekly for 6 weeks; each class is 2.5 hours long.

Registration is required and also offered online; call 360-695-2823 to register or for more information.

To register, call 360-695-2823