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.

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 or visit namiswwa.org/calendar
NAMI Family Support Group is a peer-led, weekly or bi-monthly, 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 or bi-monthly in both Vancouver and Longview.

For dates, times, and locations call 360-695-2823 or visit us online at namiswwa.org/calendar

NAMI Family and Friends is a one time, peer-led, 90-minute introductory seminar for adult family members, friends, and community members who want to learn basic information about mental illness. It is 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.

NAMI Family-to-Family is an 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 8 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; call 360-695-2823 to register or for more information.

This course is also offered online at www.basics.nami.org

To register, call 360-695-2823 or visit namiswwa.org/education

To register, call 360-695-2823 or visit namiswwa.org/education