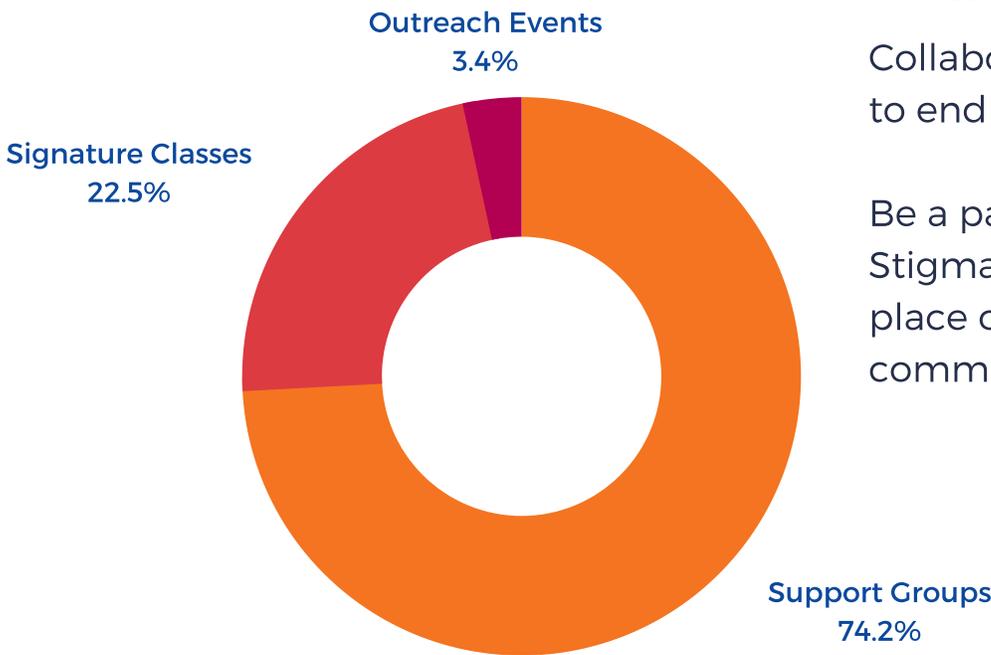


SO FAR IN 2020

- 253 classes, groups, and activities were held to support mental health
- 175 support groups were held in Vancouver
- 53 signature classes were held in Vancouver and Longview
- 8 StigmaFree presentations and events were held in the community



OUR 2020 VISION

Collaborating with our community to end stigma is our goal for 2020.

Be a part of it by holding a StigmaFree presentation at your place of work, faith, or other community group.

1,667

unique people attended a support group, educational class, or anti-stigma presentation

992

hours that volunteers contributed to NAMI SW WA

80%

of participants felt supported in support group or classes

Programs



A peer-led, weekly, no-cost support group for adults (18+) living with a mental health diagnosis or challenges. The group meets weekly in Vancouver and twice a week in Longview. A women-only Connection group meets weekly in Vancouver.

\$30 a month covers 1 participant per group.



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. There are 3 groups in Vancouver and 1 in Longview.

\$40 a month covers 1 participant per group.



An 8-week educational course that provides invaluable peer-led education and support for individuals living with a mental health diagnosis who want to better understand their disorder and journey toward recovery.

\$150 covers one participant in the course.



An 8-week educational course that provides invaluable peer-led education and support for families who have adult (18+) relatives living with mental health challenges.

\$150 covers one participant in the course.



A peer-led, weekly or bi-monthly, no-cost educational course for adults (18+) that focuses on building skills for recovery and wellness to support an individual's successful and sustained recovery from mental health challenges. The group meets weekly in Vancouver and Longview and bi-monthly in Vancouver

\$15 a month covers 1 participant per group.



A 6-week, peer-led educational course for parents and caregivers of children and adolescents (under 18) living with a mental health diagnosis or challenges.

\$125 covers one participant in the course.

Dedicated to all people affected by mental illness through education, support, awareness, and advocacy