SO FAR IN 2021

- 215 classes, groups, and activities were held to support mental health
- 172 support groups were held in Vancouver were held in the community
- 24 signature classes were held in Vancouver were held in the community
- 19 StigmaFree presentations and events were held in the community

OUR 2021 VISION

Our vision for 2021 was outreach. When the pandemic hit, we were forced to take all our support groups, classes, and presentations online.

So far in 2021, we've had people join us from all over the United States and the world! We have been able to reach a much more diverse population and those who normally would be unable to participate.

1,259 unique people attended a support group, educational class, or anti-stigma presentation
1,102 hours that volunteers contributed to NAMI SW WA
96% of participants felt supported in support group or classes

Updated July 2021
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. STRiVÉ is offered in jails, mental health programs, and more.

$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.

We are dedicated to all people affected by mental illness through education, support, awareness, and advocacy.

Updated July 2021