October 2021

**MONDAYS**

**Dual Diagnosis Connection Recovery Support Group**
Every Monday, 4:00 - 5:30 PM
[www.namiswwa.org/conn sud](http://www.namiswwa.org/conn sud)

Open to all adults (18+) living with a mental health condition and co-occurring substance use disorder.

**WEDNESDAYS**

**Women’s Connection Support Group**
Every Wednesday, 10:00 - 11:30 AM
[www.namiswwa.org/women](http://www.namiswwa.org/women)

Open to adult (18+) women living with a mental health condition.

**THURSDAYS**

**Connection Recovery Support Group**
Every Thursday, 3:00 - 4:30 PM
[www.namiswwa.org/connection](http://www.namiswwa.org/connection)

Open to all adults (18+) living with a mental health condition.

**FRIDAYS**

**Creative Writing Group**
Every Friday, 12:00 - 1:30 PM
[www.namiswwa.org/sw wawriting](http://www.namiswwa.org/sw wawriting)

Open to all adults (18+) who want to socialize with others and share writing. All levels of expertise accepted.

**Adult Autism Support Group**
1st Fridays, 6:30 - 8:00 PM
[www.namiswwa.org/autism1fri](http://www.namiswwa.org/autism1fri)

**Adult Autism Support Group**
3rd Fridays, 6:30 - 8:00 PM
[www.namiswwa.org/autism3fri](http://www.namiswwa.org/autism3fri)

Open to adults (18+) living with Autism Spectrum Disorder.

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**Important numbers:**

**SW WA Crisis Line:** 1-800-626-8137

**National Suicide Prevention Lifeline:** 1-800-273-8255

**Youth Crisis Line:** 1-877-968-8491

**NAMI Helpline:** 1-800-950-NAMI (6264)

**CVAB Warmline (4-12AM):** 360-903-2853

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All support groups are confidential, led by peers with their own lived experience.

For more information, visit our website at [www.namiswwa.org/support-groups](http://www.namiswwa.org/support-groups)

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**NAMI Southwest Washington**
National Alliance on Mental Illness
October 2021

**TUESDAYS**

- **Family Support Group**
  1st Tuesdays, 6:30 - 8:00 PM
  www.namiswwa.org/fsg1tues

- **Family Support Group**
  3rd Tuesdays, 6:30 - 8:00 PM
  www.namiswwa.org/fsg3tues

Open to all adults (18+) who have a loved one living with a mental health condition.

**THURSDAYS**

- **Family Support Group**
  Every Thursday, 3:00 - 4:30 PM
  www.namiswwa.org/fsgthurs

  Open to all adults (18+) who have a loved one living with a mental health condition.

**FRIDAYS**

- **Creative Writing Group**
  Every Friday, 12:00 - 1:30 PM
  www.namiswwa.org/wwawriting

  Open to all adults (18+) who want to socialize with others and share writing. All levels of expertise accepted.

**Important numbers:**

- **SW WA Crisis Line:** 1-800-626-8137
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **Youth Crisis Line:** 1-877-968-8491
- **NAMI Helpline:** 1-800-950-NAMI (6264)
- **CVAB Warmline (4-12AM):** 360-903-2853

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**Signup for Family-to-Family Courses starting in January 2022**

- Current information about schizophrenia, major depression, bipolar disorder, panic disorder, OCD, borderline personality disorder, co-occurring brain disorders, and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gain empathy by understanding the subjective, lived experience of a person with mental illness
- Learn problem-solving, listening, and communication techniques and acquire strategies for handling crises and relapse
- Focus on care for the caregiver: coping with worry, stress, and emotional overload
- Gain guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services

Sign up at www.namiswwa.org/f2f-registration