November 2021

**MONDAYS**

**Dual Diagnosis Connection Recovery Support Group**
Every Monday, 4:00 - 5:30 PM
www.namiswwa.org/connsud

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

For more information, visit our website at www.namiswwa.org/support-groups

**WEDNESDAYS**

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

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

**THURSDAYS**

**Connection Recovery Support Group**
Every Thursday, 3:00 - 4:30 PM
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/swwawriting

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

**Not meeting Nov. 25**

**Adult Autism Support Group**
- 1st Fridays, 6:30 - 8:00 PM
  www.namiswwa.org/autism1fri
- 3rd Fridays, 6:30 - 8:00 PM
  www.namiswwa.org/autism3fri

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

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

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
November 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. Not meeting Nov. 25

FRIDAYS

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

Open to all adults (18+) who want to socialize with others and share writing. All levels of expertise accepted. Not meeting Nov. 26

**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

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

---

**Signup for Family-to-Family**
Course starts 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