



Educational Programs

New classes will begin in the fall. To sign up for the wait list, visit www.namistl.org and select one of the following:

Family-to-Family Courses

Free NAMI Family-to-Family is an educational course for family, caregivers and friends of individuals living with mental illness. Family-to-Family meets for twelve 2.5 hour sessions. This program is designed for loved ones (over age 18) of individuals living with mental illness. It provides up-to-date information about a range of mental illnesses, including co-occurring mental illness and substance use disorders, solving problems and communicating effectively.

NAMI Basics Class

(Basics Classes are approved and listed on the Missouri Workshop Calendar for 15 clock hours, if all 6 sessions are attended.)

NAMI Basics is a free, weekly, six-session course for parents and other primary caregivers of children and adolescents living with mental illness. NAMI Basics is an educational program that provides learning and practical insight for families. Free childcare available with registration. To register for Basics, visit www.namistl.org/nami-basics.html, or call the HelpLine at **314-962-4670**.

Grace United Church of Christ

8326 Mexico Rd., St. Peters, MO 63376

Starts Wednesday, June 14

Ends Wednesday, July 19

6:00pm - 8:30pm

Peer-to-Peer Class

Peer-to-Peer is a free, weekly, ten-session class for anyone experiencing a mental health challenge. It focuses on mental health, wellness and recovery. Open to adults (18+) living with mental health challenges.

Peer-to-Peer is guided by peers who successfully manage their own recovery and wellness. No specific medical therapy or medication is endorsed or recommended. To register for Peer-to-Peer, <http://www.namistl.org/peer-to-peer.html>, or call the HelpLine at **314-962-4670**.

In Our Own Voice

A recovery education presentation given by trained consumer presenters who tell their stories of recovery. The presentation is approximately 1-1/2 hours, and is for schools, churches, or any group interested in learning more about mental illness from people living with it.

Provider Workshop

A six-hour, one-day workshop presented to health-care professionals by trained family members, consumers, and family member providers or consumer providers. There is a charge for this workshop and more information is available upon request.

Support Groups

NAMI Connection Recovery Support Groups

Free on-going support groups are facilitated by trained consumers for consumers with any mental illness.

Other Free Support Groups

SHOWme OCD Support Group

Open to individuals suffering with OCD and their families and friends. Sponsored by CenterPointe Hospital, held every Wednesday of each month at 7:00pm at CenterPointe Hospital, West County Outpatient Office, 763 S. New Ballas Road, Suite 130, St. Louis, MO 63141. For information call Gregg Sansone at **636-236-2267** or e-mail GreggSansone@hotmail.com.

Family & Consumers with OCD Support Group

Sponsored by St. Louis OCD, is held on the third Saturday of each month from 10:00am to 12:00pm. Now meets at Missouri Baptist Medical Center, Conference Room 3, 3015 North Ballas Road, St. Louis, MO 63131. For information call **314-842-7228**.

Family Support Group for Relatives of People with Bipolar/Unipolar Illness

Sponsored by DBSA, meets 2nd Thursday of each month from 7:00pm to 8:30pm in room LL4 at St. Paul Lutheran Church (Fellowship Hall), 12345 Manchester (at Ballas), Des Peres, MO 63131. Contact Dolores Segal at **314-822-0183**.

Support Group for Young Adults (ages 19-35) with Bipolar/Unipolar Illness

Sponsored by DBSA, meets 2nd and 4th Tuesdays of each month from 7:00pm to 8:30pm at St. Mary's Health Center, 6420 Clayton Road, Ground Floor, Room C next to cafeteria, Richmond Heights, MO 63117. (Enter East Parking Garage on Clayton Rd. at DeMun.) Contact Christina at **314-795-1427**.

The Samaritan Group for Family and Friends of Those Dealing with Chronic Mental Illness

Meets 2nd Saturday of each month, from 10:00am to 11:30am at Central Presbyterian Church, 7700 Davis Drive, Clayton, MO 63105. New Contact: Sharai Rudolphi phone **314-603-5864** or email domino3+1@hotmail.com.

support group calendar / april-june 2017



GROUP	APR	MAY	JUNE	TIME	LOCATION
Every Monday Consumer	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	6:30 - 8:00 pm	NAMI Connection Recovery Support Group at Friedens United Church of Christ, 1703 Old Hwy 94 South, South, Community Room, St. Charles MO 63303. Contact Jim Eyman at 314-808-5551 .
3rd Monday Family	17	15	19	7:00 - 8:30 pm	Family Support Group at Trinity Lutheran Church, 14080 Clayton Road, Room 258, Chesterfield, MO 63017. Contact Jerry Spector at 636-532-0027 .
1st Tuesday Consumer	4	2	6	7:00 - 8:30 pm	Consumer Support Group at Pascal Hall, Ground Floor, Gateway Regional Medical Center, Granite City, IL 62040. Contact NAMI SW Illinois at 618-798-9788 .
2nd Tuesday Family	11	9	13	7:00 - 8:30 pm	Family Support Group at Webster Hills United Methodist Church in the Christian Life Center/Library Room, 698 West Lockwood, Webster Groves, MO 63119 Contact Judy Larson at 314.922.4693 .
3rd Tuesday Consumer	18	16	20	7:00 - 8:30 pm	NAMI Connection Recovery Support Group at Grace United Church of Christ, 8326 Mexico Road, St. Peter's, MO 63376. Contact NAMI St. Louis at 314-962-4670 .
3rd Tuesday Family	18	16	20	7:00 - 8:30 pm	Family Support Group at Grace UCC, 8326 Mexico Road, St. Peter's, MO 63376. Contact Liz Birchen at 636-240-2244 .
4th Tuesday Family	25	23	27	7:00 - 8:30 pm	"With Hope In Mind" Family Support Group Christian Hospital Northeast, 11133 Dunn Rd., Room 2100, St. Louis, MO 63136. Contact Linda Hossin at 314-302-2740 .
4th Wednesday Family	26	24	28	7:00 - 8:30 pm	Family Support Group at Eliot Chapel, 100 S. Taylor, Kirkwood, MO 63122. Contact NAMI St. Louis at 314-962-4670 .
1st Thursday Family	6	4	1	7:00 - 8:30 pm	Family Support Group at New Hope United Methodist Church, 3921 Jeffco Blvd., Arnold, MO 63010, (Enter through the white doors at the back of the building) Contact Russ & JoAnn Hartley 314-293-1512 .
1st Thursday Family	6	4	1	7:00 - 8:30 pm	Family Support Group at NAMI satellite office in St. Charles, 200 South Kingshighway, Suite 101, St. Charles, MO 63301. Contact Bonnie at 314-974-4694 .
1st Thursday Family	6	4	1	7:00 - 8:30 pm	Family Support Group at Christ Church, 2200 Bellevue Ave (at corner of Bruno and Bellevue), Maplewood, MO 63143. Contact NAMI St. Louis at 314-962-4670 .
2nd & 4th Thursday Family	13	11	8	7:00 - 8:30 pm	Family Support Group at Kirkwood United Methodist Church, 201 West Adams, St. Louis, MO 63122. Contact NAMI St. Louis at 314-962-4670 .
	27	25	22		
3rd Thursday Family	20	18	15	6:30 - 8:00 pm	Family Support Group at Trinity Presbyterian Church, 727 Melinda Dr., Union, MO 63084 (Hwy. 47 between Washington & Union). Contact NAMI St. Louis at 314-962-4670 .
3rd Thursday NAMI Basics	20	18	15	6:30 - 8:00 pm	NAMI Basics Support Group is for parents and adult family members of children or teens with mental health concerns who reside in St. Charles County (MUST REGISTER IN ADVANCE). Childcare and pizza provided with registration. 200 S. Kingshighway, Ste. 101, St. Charles, MO 63301. Contact NAMI St. Louis at 636-940-7440 .