



Educational Programs

Family-to-Family Courses

Classes will fill up quickly, so go to our website to register online at www.namistl.org/family-to-family.html or contact the Help Line at **314-962-4670**. Pre-registration is required for these classes. New classes for spring will be added to the website as they are scheduled.

Mercy Hospital Behavioral Health

Cafeteria
12125 Conway Rd
Creve Coeur, MO 63141
Starts Thursday, January 5, 2017
Ends Thursday, March 23, 2017
6:30pm - 9:00pm

St. John's Lutheran Church

3517 Jeffco Blvd
Arnold, MO 63010
Starts Wednesday, February 8th, 2017
Ends Wednesday, April 26th, 2017
7:00pm - 9:30pm

New Creation Presbyterian

1459 Wentzville Parkway
Wentzville, MO 63385
Starts Thursday, February 16, 2017
Ends Thursday, May 4, 2017
6:30pm - 9:00pm

Christ Church

Fellowship Hall
2200 Bellevue Ave
Maplewood, MO 63143
Starts Wednesday, March 1, 2017
Ends Wednesday, May 17, 2017
7:00pm - 9:30pm

Grace United Church of Christ

8326 Mexico Rd
St. Peters, MO 63376
Starts Thursday, March 2, 2017
Ends Thursday, May 18, 2017
7:00pm - 9:30pm

St. Paul Lutheran Church

12345 Manchester Rd
Des Peres, MO 63141
Starts Saturday, March 4, 2017
Ends Saturday, May 20, 2017
9:00am - 11:30am

St. Ann's Catholic Church - Parish Center

7530 Natural Bridge Rd
St. Louis, MO 63121
Starts Saturday, March 4, 2017
Ends Saturday, June 3, 2017
(Class will not meet on 04/08/17 or 04/15/17.)
1:00pm - 3:30pm

First Congregational Church - Social Hall

6501 Wydown Blvd
Clayton, MO 63105
Starts Monday, March 6, 2017
Ends Monday, May 22, 2017
7:00pm - 9:30pm

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. **Pre-registration is required**. Free childcare available with registration. To register for Basics, visit www.namistl.org/nami-basics.html, or call the HelpLine at **314-962-4670**.

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. **Pre-registration is required**. 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.

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.

Other Free Educational Programs

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 Rudolph phone **314-603-5864** or email domino3+1@hotmail.com.

support group calendar / january-march 2017



GROUP	JAN	FEB	MAR	TIME	LOCATION
Every Monday Consumer	2,9,16,21,30	6,13,20,27	6,13,20,27	6:30 - 8:00pm	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	16	20	20	7:00 - 8:30pm	Family Support Group at Trinity Lutheran Church, 14080 Clayton Road, Room 258, Chesterfield, MO 63017. Contact Jerry Spector at 636-532-0027 .
3rd Tuesday Consumer	17	21	21	7:00 - 8:30pm	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 .
1st Tuesday Consumer	3	7	7	7:00 - 8:30pm	Consumer Support Group at Pascal Hall, Ground Floor, Gateway Regional Medical Center, Granite City, IL 62040. Contact NAMI SW Illinois at 618-798-9788 .
3rd Tuesday Family	17	21	21	7:00 - 8:30pm	Family Support Group at Grace UCC, 8326 Mexico Road, St. Peter's, MO 63376. Contact Liz Birchen at 636-240-2244 .
4th Tuesday Family	24	28	28	7:00 - 8:30pm	"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	25	22	22	7:00 - 8:30pm	Family Support Group at Eliot Chapel, 100 S. Taylor, Kirkwood, MO 63122. Contact NAMI St. Louis at 314-962-4670 .
1st Thursday Family	5	2	2	7:00 - 8:30pm	Family Support Group at St. John's Lutheran Church, Arnold, 3517 Jeffco Blvd., Arnold, MO 63010, Room 106 (Enter on St. John's Church Road side.) Contact Russ & JoAnn Hartley 314-293-1512 .
1st Thursday Family	5	2	2	7:00 - 8:30pm	Family Support Group at NAMI satellite office in St. Charles, 200 South Kingshighway, Suite 101, St. Charles, MO 63301. Contact Bonnie at 636-974-4694 .
1st Thursday Family	5	2	2	7:00 - 8:30pm	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	12	9	9	7:00 - 8:30pm	Family Support Group at Kirkwood United Methodist Church, 201 West Adams, St. Louis, MO 63122. Contact NAMI St. Louis at 314-962-4670 .
	26	23	23		
3rd Thursday Family	19	16	16	6:30 - 8:00pm	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	19	16	16	6:30 - 8:00pm	NAMI Basics Support Group is for parents and adult family members of children or teens with mental health concerns <u>who reside in St. Charles County (MUST REGISTER IN ADVANCE)</u> . Childcare and pizza provided with registration. 200 S. Kingshighway, Ste. 101, St. Charles, MO 63301. Contact NAMI St. Louis at 636-940-7440 .