

# NAMI St. Louis signature programs



## 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](http://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.

### Christ United Church of Christ

Fellowship Hall  
2200 Bellevue Ave.  
Maplewood, MO 63143  
Class starts Wednesday, March 1, 2017  
Class ends Wednesday, May 17, 2017  
7:00 pm - 9:30 pm

### New Creation Presbyterian Church

1459 Wentzville Parkway  
Wentzville, MO 63385  
Class starts Thursday, February 16, 2017  
Class ends Thursday, May 4, 2017  
6:30 pm - 9:00 pm

### Grace United Church of Christ

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

### St. Paul Lutheran

12345 Manchester Rd  
Des Peres, Mo 63131  
Class starts Saturday, March 4, 2017  
Class ends Saturday, May 20, 2017  
9:00 am - 11:30 am

### Mercy Hospital

Behavioral Health Building Cafeteria  
12125 Conway, Creve Coeur, MO 63141  
Class starts Thursday, January 5, 2017  
Class ends Thursday, March 23, 2017  
6:30 pm - 9:00 pm

### Webster Groves Baptist Church

308 Summit Ave  
St. Louis, MO 63119  
Class starts, TBD, 2017\*  
Class ends, TBD, 2017  
6:30 pm - 9:00 pm

### Location TBD\*

Fenton, Missouri 63010  
Class starts, TBD, 2017  
Class ends, TBD, 2017  
7:00 pm - 9:30 pm

\*Check website after October for exact locations and dates.

### 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](http://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.

## 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 7:00 pm 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 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](mailto:GreggSansone@hotmail.com).

### 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](mailto:domino3+1@hotmail.com).

# support group calendar / october-november 2016



GROUP	OCT	NOV	DEC	TIME	LOCATION
<b>3rd Tuesday Consumer</b>	18	15	20	7:00 - 8:30pm	<b>NAMI Connection Recovery Support Group</b> at Grace United Church of Christ, 8326 Mexico Road, St. Peter's, MO 63376. Contact NAMI St. Louis at <b>314-962-4670</b> .
<b>1st Tuesday Consumer</b>	4	1	6	7:00 - 8:30pm	<b>Consumer Support Group</b> at Pascal Hall, Ground Floor, Gateway Regional Medical Center, Granite City, IL 62040. Contact NAMI SW Illinois at <b>618-798-9788</b> .
<b>3rd Monday Family</b>	17	21	19	7:00 - 8:30pm	<b>Family Support Group</b> at Trinity Lutheran Church, 14080 Clayton Road, Room 258, Chesterfield, MO 63017. Contact Jerry Spector at <b>636-532-0027</b> .
<b>2nd Tuesday Family</b>	11	8	13	7:00 - 8:30pm	<b>Family Support Group</b> at Webster Hills United Methodist Church, Christian Life Center, Library Room, 698 W.Lockwood, Webster Groves 63119. Contact Judy Larson, <b>314-922-4693</b> .
<b>3rd Tuesday Family</b>	18	15	20	7:00 - 8:30pm	<b>Family Support Group</b> at Grace UCC, 8326 Mexico Road, St. Peter's, MO 63376. Contact Liz Birchen at <b>636-240-2244</b> .
<b>4th Tuesday Family</b>	25	22	27	7:00 - 8:30pm	<b>"With Hope In Mind" Family Support Group</b> Christian Hospital Northeast, 11133 Dunn Rd., Room 2100, St. Louis, MO 63136. Contact Linda Hossin at <b>314-302-2740</b> .
<b>4th Wednesday Family</b>	26	23	28	7:00 - 8:30pm	<b>Family Support Group</b> at Eliot Chapel, 100 S. Taylor, Kirkwood, MO 63122. Contact NAMI St. Louis at <b>314-962-4670</b> .
<b>1st Thursday Family</b>	6	3	1	7:00 - 8:30pm	<b>Family Support Group</b> 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 <b>314-293-1512</b> .
<b>1st Thursday Family</b>	6	3	1	7:00 - 8:30pm	<b>Family Support Group</b> at NAMI satellite office in St. Charles, 200 South Kingshighway, Suite 101, St. Charles, MO 63301. Contact Bonnie at <b>314-974-4691</b> .
<b>1st Thursday Family</b>	6	3	1	7:00 - 8:30pm	<b>Family Support Group</b> at Christ Church, 2200 Bellevue Ave (at corner of Bruno and Bellevue), Maplewood, MO 63143. Contact NAMI St. Louis at <b>314-962-4670</b> .
<b>2nd &amp; 4th Thursday Family</b>	13	10	8	7:00 - 8:30pm	<b>Family Support Group</b> at Kirkwood United Methodist Church, 201 West Adams, St. Louis, MO 63122. Contact NAMI St. Louis at <b>314-962-4670</b> .
	26	None	22		
<b>3rd Thursday Family</b>	20	17	15	6:30 - 8:00pm	<b>Family Support Group</b> at Trinity Presbyterian Church, 727 Melinda Dr., Union, MO 63084 (Hwy. 47 between Washington & Union). Contact NAMI St. Louis at <b>314-962-4670</b> .
<b>3rd Thursday NAMI Basics</b>	20	17	15	6:30 - 8:00pm	<b>NAMI Basics Support Group</b> 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 <b>636-940-7440</b> .