

# NAMI St. Louis signature programs



## Educational Programs

### Family-to-Family Courses

#### Clayton - Online Registration

Starts Tuesday, August 29, 2017  
Ends Tuesday, November 14, 2017  
Time: 7:00pm – 9:30pm  
Location: First Congregational Church – Social Hall  
6501 Wydown Blvd., Clayton, MO 63105

#### Creve Coeur - Online Registration

Starts Wednesday, September 6, 2017  
Ends Wednesday, November 22, 2017  
Time: 6:30pm – 9:00pm  
Location: Mercy Hospital Behavioral Health – Cafeteria  
12125 Conway Rd, Creve Coeur, MO 63141

#### St. Charles - Online Registration

Starts Tuesday, August 23, 2017  
Ends Tuesday, November 8, 2017  
Time: 7:00pm – 9:30pm  
Location: St. Charles Engineering and Surveying, Inc. – Lower level  
801 S. Fifth, St. Charles, MO 63301

#### St. Peters - Online Registration

Starts Tuesday, September 5, 2017  
Ends Tuesday, November 21, 2017  
Time: 7:00pm – 9:30pm  
Location: Grace United Church of Christ  
8326 Mexico Rd., St. Peters, MO 63376

#### Des Peres - Online Registration

Starts Wednesday, August 30, 2017  
Ends Wednesday, November 15, 2017  
Time: 7:00pm – 9:30pm  
Location: St. Paul's Lutheran Church  
12345 Manchester Rd.  
Des Peres, MO 63131

#### Bridgeton - Online Registration

Starts Wednesday, August 30, 2017  
Ends Wednesday, November 15, 2017  
Time: 7:00pm – 9:30pm  
Location: New Heights Christian Church  
12455 Natural Bridge Rd.  
Bridgeton, MO 63044

Other classes starting but locations, dates and times are not set yet –check website for upcoming details.

#### South County

### 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.

## 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).

## 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 Rudolphi phone **314-603-5864** or email [domino3+1@hotmail.com](mailto:domino3+1@hotmail.com).

# support group calendar / july-september 2017



| GROUP                                | JUL               | AUG           | SEP           | TIME          | LOCATION   |
|--------------------------------------|-------------------|---------------|---------------|---------------|--|
| <b>Every Monday Consumer</b>         | 3, 10, 17, 24, 31 | 7, 14, 21, 28 | 4, 11, 18, 25 | 6:30 - 8:00pm | <b>NAMI Connection Recovery Support Group</b> at Friedens United Church of Christ, 1703 Old Hwy 94 South, South, Community Room, St. Charles MO 63303. Contact Jim Eyman at <b>314-808-5551</b> .  |
| <b>3rd Monday Family</b>             | 17                | 21            | 18            | 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>1st Tuesday Consumer</b>          | No Meeting        | 1             | 5             | 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>2nd Tuesday Family</b>            | 11                | 8             | 12            | 6:30 - 8:00pm | <b>Family Support Group</b> at Webster Hills United Methodist Church in the Christian Life Center/Library Room, 698 West Lockwood, Webster Groves, MO 63119 Contact Judy Larson at <b>314-922-4693</b> .   |
| <b>3rd Tuesday Consumer</b>          | 18                | 15            | 19            | 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>3rd Tuesday Family</b>            | 18                | 15            | 19            | 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            | 26            | 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            | 27            | 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             | 7             | 7:00 - 8:30pm | <b>Family Support Group</b> at New Hope United Methodist Church, 3921 Jeffco Blvd Room 106 Arnold, MO 63010 Enter through the back of the bldg Contact Joann or Russell at 314-293-1512 .  |
| <b>1st Thursday Family</b>           | 6                 | 3             | 7             | 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>314-974-4694</b> .   |
| <b>1st Thursday Family</b>           | 6                 | 3             | 7             | 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            | 14            | 7:00 - 8:30pm | <b>Family Support Group</b> at Kirkwood United Methodist Church, 201 West Adams, Room 115, St. Louis, MO 63122. Contact NAMI St. Louis at <b>314-962-4670</b> .  |
|                                      | 27                | 24            | 28            |               |  |
| <b>3rd Thursday Family</b>           | 20                | 17            | 21            | 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            | 21            | 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 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 <b>636-940-7440</b> . |