

Educational Programs

Family-to-Family Courses

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. Information and resources are provided at no cost to the participants. This program is designed for loved ones (over age 18) of individuals living with mental illness. Go to our website <http://www.namistl.org/programs-2/nami-family-to-family/> for the spring session calendar.

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**.

TOWN & COUNTRY

Start Date:
Wednesday, September 27, 2017
End Date: Wednesday, November 1, 2017
Time: 6:30 pm – 9:00 pm
Location: Neuwoehner High School
12112 Clayton Rd.
Town & Country, MO 63131

Must live in St. Louis County. Childcare is provided upon request with registration.

Anyone attending all 6 classes will receive a \$20 gift card!

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**.

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.

Crisis Intervention Team Training

This course provides insights into, and resolution of, the profound concerns experienced by families, close relatives, and any caregivers as they strive to cope with the realities of serious mental illness. These law enforcement officers not only learn a wide range of information about serious mental illness, they also learn to understand how living with these conditions affects their loved one.

For the latest information about the upcoming classes contact Kyle Dooley, NAMI St. Louis Director of CIT Community Policing Programs at **636-262-0043**

Understanding Psychotropic Medications in Laymen's Terms

Location: Grace United Church of Christ
8326 Mexico Road, St. Peters, MO
Date: November 8, 2017
Time 7-8:30 pm


Please join us for an in-depth look at medications used in the treatment of mental illness. The presentation will cover current and older medications, side effects of the various medications and other aspects of psychotropic medications. There will be handouts. If you want to understand more about the medications prescribed for mental illness this is the presentation for you.

Light refreshments will be available

To register for the event go to <https://www.namistl.org/programs-2/nami-speakers-bureau/> or call **314.962.4670**

support group calendar / october-december 2017



GROUP	OCT	NOV	DEC	TIME	LOCATION
Every Monday Person with a Mental Illness	2, 9, 16 23, 30	6, 13, 20, 27	4, 11, 18	6:30 - 8:00 pm	NAMI Connection Recovery Support Group at Friedens United Church of Christ, 1703 Old Hwy 94 South, St. Charles, MO 63303, Community Room. Contact Jim Eyman 314-808-5551
3rd Monday Family	16	20	18	7:00 - 8:30 pm	Family Support Group at Trinity Lutheran Church, 14080 Clayton Road, Chesterfield, MO 63017, Room 258. Contact Jerry Spector 636-532-0027
1st Tuesday Person with a Mental Illness	3	7	5	7:00 - 8:30 pm	Consumer Support Group at Gateway Regional Medical Center, Granite City, IL 62040, Pascal Hall, Ground Floor. Contact NAMI SW Illinois at 618-798-9788
2nd Tuesday Family	10	14	12	6:30 - 8:00 pm	Family Support Group at Webster Hills United Methodist Church, 698 West Lockwood, Webster Groves, MO 63119, Christian Life Center/Library Room. Contact Judy Larson 314-922-4693
3rd Tuesday Person with a Mental Illness	17	21	19	7:00 - 8:30 pm	NAMI Connection Recovery Support Group at Grace United Church of Christ, 8326 Mexico Road, St. Peters, MO 63376. Contact NAMI St. Louis 314-962-4670
3rd Tuesday Family	17	21	19	7:00 - 8:30 pm	Family Support Group at Grace United Church of Christ, 8326 Mexico Road, St. Peters, MO 63376. Contact Liz Birchen at 636-240-2244
4th Tuesday Family	24	28	26	7:00 - 8:30 pm	"With Hope In Mind" Family Support Group at Christian Hospital Northeast, 11133 Dunn Road, St. Louis, MO 63136, Room 2100. Contact Linda Hossin at 314-302-2740
4th Wednesday Family	25	22	27	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	5	2	7	7:00 - 8:30 pm	Family Support Group at New Hope United Methodist Church, 3921 Jeffco Blvd, Arnold, MO 63010 Room 106 (Enter through the white doors at the back of building.) Contact JoAnn Hartley at 314-293-1512
1st Thursday Family	5	2	7	7:00 - 8:30 pm	Family Support Group at NAMI satellite office in St. Charles, 200 South Kingshighway, St. Charles, MO 63301, Suite 101. Contact Bonnie 314-974-4694
1st Thursday Family	5	2	7	7:00 - 8:30 pm	Family Support Group at Christ Church, 2200 Bellevue Avenue, Maplewood, MO 63143 (at corner of Bruno and Bellevue). Contact NAMI St. Louis at 314-962-4670
2nd & 4th Thursday Family	12	9	14	7:00 - 8:30 pm	Family Support Group at Kirkwood United Methodist Church, 201 West Adams, Kirkwood, MO 63122, Room 115. Contact NAMI St. Louis at 314-962-4670
	26		28		
3rd Thursday Family	19	16	21	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	19	16	21	6:30 - 8:00 pm	NAMI Basics Support Group is for parents and adult family members of children with mental health concerns who reside in St. Charles County (MUST REGISTER IN ADVANCE) Childcare provided with registration. 200 S. Kingshighway, Ste. 101, St. Charles, MO 63301. Contact NAMI St. Louis at 636-940-7440
Every Sunday Person with a Mental Illness	8, 15, 29,	5, 12, 19, 26	3, 10, 17,	2:00 - 3:30 pm	NAMI Connection Recovery Support Group at Grace Peace & Fellowship, 5574 Delmar, St. Louis 63112. Contact: Rose Schulte, 314-716-2210 .