

Upcoming NAMI St. Louis 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 www.namistl.org/programs-2/nami-family-to-family/ for the spring session calendar.

CREVE COEUR

Start Date: Thursday, September 4
End Date: Thursday, November 20
Time: 6:30 pm – 9:00 pm
Location: Mercy Hospital Behavioral Health Cafeteria
12125 Conway Road
Creve Coeur, MO 63141

NAMI Basics Class

NAMI Basics is a free, weekly, six-session course for parents and other primary caregivers of children 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.

ST. PETERS

Start Date: Wednesday, June 6
End Date: Wednesday, July 11
Time: 6:30 pm – 9:00 pm
Location: St. Charles Engineering & Surveying, Inc 801 S Fifth Street
St. Charles, MO 63301

WEBSTER GROVES

Start Date: Tuesday, May 1
End Date: Tuesday, June 5
Time: 6:30 pm – 9:00 pm
Location: Peace United Church of Christ
204 E Lockwood Ave
Webster Groves, MO 63119

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, 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.

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.

Question, Persuade, Refer (QPR)

A 90-minute training offered in conjunction with Mercy Hospital, QPR is a training that discusses three steps that anyone can learn to prevent suicide. Local and national resources will also be discussed. For more information call our HelpLine at 314-962-4670.

JEFFERSON COUNTY

Thursday, May 3,
Thursday, July 5
Time: 7:00 pm - 8:30 pm
Location: Mercy Hospital Main Building
Conference Room C
1400 US-61
Festus, MO 63028

CREVE COEUR

Thursday, April 12
Thursday, June 14
Time: 7:00 pm - 8:30 pm
Location: Mercy Hospital Behavioral Health Building
Cafeteria
2125 Conway Road
Creve Coeur, MO 63141

Supporting Those at Risk of Suicide (STARS)

A 90-minute training offered in conjunction with Mercy Hospital, STARS is a training that helps you understand ways to support and understand those who are at risk of suicide. Local and national resources will also be discussed. For more information call our HelpLine at 314-962-4670.

JEFFERSON COUNTY

Thursday, April 5
Thursday, June 7
Time: 7:00 pm - 8:30 pm
Location: Mercy Hospital Main Building
Conference Room C
1400 US-61
Festus, MO 63028

CREVE COEUR

Thursday, May 10
Thursday, July 17
Time: 7:00 pm - 8:30 pm
Location: Mercy Hospital Behavioral Health Building
Cafeteria
2125 Conway Road
Creve Coeur, MO 63141

Finding Help & Hope: Supporting Loved Ones Fighting Suicide Support Group

JEFFERSON COUNTY

3rd Thursday of Every Month
Time: 7:00 pm - 8:30 pm
Location: Mercy Hospital Main Building
Conference Room C
1400 US-61
Festus, MO 63028

CREVE COEUR

4th Thursday of Every Month
Time: 7:00 pm - 8:30 pm
Location: Mercy Hospital Behavioral Health Building
Cafeteria
2125 Conway Road
Creve Coeur, MO 63141

Support Group Calendar / April - June 2018



GROUP	APRIL	MAY	JUNE	TIME	LOCATION
Every Sunday Person with a Mental Illness	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24	2:00 pm-3:30 pm	NAMI Connection Support Group at Grace Peace & Fellowship, 5574 Delmar, St. Louis 63112. Contact: Rose Schulte at 314-716-2210 .
Every Monday Person with a Mental Illness	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	6:30 pm - 8:00 pm	NAMI Connection 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 Tuesday Person with a Mental Illness	17	15	19	7:00 pm - 8:30 pm	NAMI Connection Group at Grace United Church of Christ, 8326 Mexico Road, St. Peters, MO 63376. Contact NAMI St. Louis at 636-940-7440 .
1st Tuesday Person with a Mental Illness	3	1	5	7:00 pm-8:30 pm	NAMI Connection Support Group at Gateway Regional Medical Center, Granite City, IL 62040, Pascal Hall, Ground Floor. Contact NAMI SW Illinois at 618-798-9788 .
3rd Monday Family	16	21	18	7:00 pm-8:30 pm	Family Support Group at Trinity Lutheran Church, 14080 Clayton Road, Chesterfield, MO 63017, Room 258. Contact Jerry Spector at 636-532-0027 for more information.
2nd Tuesday Family	10	8	12	6:30 pm-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 at 314-922-4693 for more information.
3rd Tuesday Family	17	15	19	7:00 pm-8:30 pm	Family Support Group at Grace United Church of Christ, 8326 Mexico Road, St. Peters, MO 63376. Contact NAMI St. Louis at 636-940-7440 for more information.
4th Tuesday Family	24	22	26	7:00 pm-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 for more information.
4th Wednesday Family	25	23	27	7:00 pm-8:30 pm	Family Support Group at Eliot Chapel, 100 South Taylor, Kirkwood, MO 63122. Contact NAMI St. Louis at 314-962-4670 for more information.
1st Thursday Family	5	3	7	7:00 pm-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 for more information.
1st Thursday Family	5	3	7	7:00 pm-8:30 pm	Family Support Group at NAMI satellite office in St. Charles, 200 South Kingshighway, St. Charles, MO 63301, Suite 101. Contact Bonnie at 314-974-4694 for more information.
1st Thursday Family	5	3	7	7:00 pm-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 for more information.
4th Thursday Family	26	24	28	7:00 pm-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 for more information.

For more information about our support groups, go to our website at www.namistl.org/support-groups/