



Do you live with a mental health condition?
Or **do you care for someone** with the symptoms of a mental health condition?

**Holiday 2020
Classes to
support you!**

Major Depression, Bipolar Disorder (Manic Depression) Schizophrenia or Schizoaffective Disorder, Borderline, Panic Disorder or Obsessive-Compulsive Disorder, DID Post-Traumatic Stress Disorder, Traumatic Brain Injury Co-occurring Brain Disorders or Addictive Disorders

Additional Classes

For Family Members, we offer:

Family-to-Family a 8-week class to help you support individuals with mental health concerns while maintaining your own well-being. The course is taught by trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these conditions. There is no cost to participate in Family to Family. We think you will be pleased by how much assistance the program offers.

For Parents/Caregivers of children/adolescents:

We offer **NAMI Basics** a 6-week class to parents understand what the condition presents for the family, how to manage extended family relationships, best practices in caring for the child, communication with the medical community and school. It also includes information related to treatment, self-care and advocacy. Each session is 2 ½ hours.

The **NAMI Peer-to-Peer Education Course** is for individuals living with a mental health condition (18 years and older) who is interested in establishing and maintaining their wellness and recovery. Each class is two hours in length and continues for 8 consecutive weeks.

NAMI Courses use a combination of lecture, interactive exercise and structured group processes, and the diversity of experience among the course participants affords for a lively dynamic that moves the courses along.

**Join St. John's NAMI SUPPORT GROUP
Tuesdays at 6:30pm: Register w/ Link
below**

[Meeting Registration - Zoom](#)

Class Name	Time	Teachers	Start Date
Family to Family	Saturdays, 9:30 pm – 12:00 noon	R. Gamblin D. Biagas T. Quick	November 14
De Familia a Familia	Fridays, 6:30 pm to 9:00 pm	Sergio Aguirre Cristina Oliveros Salyna Garza	December 4
NAMI Basics	Tuesdays, 6:30 pm to 9:00 pm	Julie Orff Linda Lamb Kathleen Collins	December 8
NAMI Basics	Saturdays, 9:30 pm – 12:00 noon	John Dixon Tracey Moette Benjetta West	December 12
Bases y Fundamentos	Fridays, 6:30 pm to 9:00 pm	Laurenza Retana Anna Guerrero Valerie de Leon	December 4
Peer to Peer	Saturdays, 1:00 pm – 3:00 pm	Olivia Hinderla Tracey Paxton Livvy Hudson	November 14
Peer to Peer	Wednesdays, 6:00 pm - 8:00 pm	Patti Suler Glenda Luco Amy Bun	December 9

**TO REGISTER: 713-970-4435 (English)
Or llame, por favor, 713-970-4481 (Spanish)
or email register@namigreaterhouston.org**

Must be eligible to attend. Registration required.