

## Mental Health Education and Support

NAMI (National Alliance on Mental Illness), is the nation’s largest grassroots mental health organization dedicated to improving lives for the millions of Americans affected by mental illness. NAMI GCC (NAMI Greater Corpus Christi) is an affiliate of NAMI Texas. NAMI GCC raises awareness and provides **FREE** education, advocacy, and support programs for people in the community living with mental illness, including families and friends alike.

PROGRAM/SUPPORT GROUP	WHEN	TIME	LOCATION	DESCRIPTION OF PROGRAM
Monthly Speaker Series Meeting	3 <sup>rd</sup> Thursday's	5:30 to 7:00 pm	3420 Fort Worth Street; CC Conference Center behind Doctor's Regional Medical Center	<b>Monthly speakers and topics related to mental health and wellness.</b>
NAMI Connection Support Group	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday's	6:00 to 7:30 pm	3833 S. Staples, Ste. 218; CC Family Counseling Service	<b>Recovery and wellness support group for adults (18+) living with a mental health condition.</b>
	1 <sup>st</sup> & 3 <sup>rd</sup> Friday's	7:00 to 8:30 pm	5830 Williams Drive; CC OLPH Church – Youth Center	
NAMI Family Support Group	1 <sup>st</sup> & 3 <sup>rd</sup> Friday's	7:00 to 8:30 pm	5830 Williams Drive; CC OLPH Church – Room 1	<b>For family members and friends (18+) of individuals living with a mental health condition.</b>

### EDUCATIONAL CLASSES

NAMI Family-to-Family	A 12-week educational course to <b><i>“learn how to best support and gain better understanding of your loved one living with mental health conditions”</i></b> . For family members and friends. Registration required.
NAMI Basics	A 6-week educational course to “learn how to manage crisis, communicate effectively and advocate for your child’s right in school”. Designed for parents and primary caregivers of children or teens experiencing signs of behavioral issues and/or mental health concerns. Registration required.
NAMI Family & Friends (New)	A 4-hour educational seminar to <b><i>“learn about diagnoses, treatment, communication strategies and other NAMI Programs. Designed to support, inform and empower people who have loved ones living with mental health conditions”</i></b> .

**\* All NAMI GCC Programs, Support Groups and Educational Classes are offered at NO COST \***