

## Education and Support Programs for Individuals and Families

For more information about NAMI-CVA programs or to become a member:

Go to <http://www.nami.org/MSTemplate.cfm?MicrositeID=281>, e-mail [namicva@aol.com](mailto:namicva@aol.com), call 804-285-1749 or attend our **Monthly Public Speaker's Meetings** the 2<sup>nd</sup> Thursday of every month (except July and August) from 7-8:30pm at the Weinstein Jewish Community Center on Monument Ave.



**NAMI Family-to-Family**  
National Alliance on Mental Illness

**Description:** Free, 12 week learning and support program for family members and friends who wish to learn more about the mental illnesses that affect their loved ones. Family-to-Family is facilitated by trained NAMI family members who have relatives with mental illness.

**The next course will begin on January 17, 2013.** Please visit our website, call us at 804-285-1749 or e-mail Kathy Harkey at [kathynamicva@aol.com](mailto:kathynamicva@aol.com) with the subject "Family to Family" and provide your contact information to receive announcements about upcoming classes. Participants must register ahead of time.



**Description:** Free, 6-week learning and support program for parents and caregivers of children and teens with behavioral, mental or emotional challenges. It is not necessary that the child have received a diagnosis. "Basics" is NAMI's newest education program, facilitated by trained NAMI family members. Please visit our website, call us at 804-285-1749 or e-mail Kathy Harkey at [kathynamicva@aol.com](mailto:kathynamicva@aol.com) with the subject "Basics" and provide your contact information to receive announcements about upcoming classes. Participants must register ahead of time. **The next course will begin on February 25, 2013.**



**NAMI Peer-to-Peer**  
National Alliance on Mental Illness

**Description:** Free, 10-week recovery education course for adults living with mental illness. Peer to Peer (and "Persona a Persona" in Spanish) helps participants maintain recovery through Peer-support, lecture, discussion, coping and mindfulness exercises. It is facilitated by a team of trained NAMI Peer Mentors.

**The next course will begin on January 15, 2013.** Please visit our website, call us at 804-285-1749 or e-mail Kathy Harkey at [kathynamicva@aol.com](mailto:kathynamicva@aol.com) with the subject "Peer to Peer" and provide your contact information to receive announcements about upcoming classes. Participants must register ahead of time.



**NAMI In Our Own Voice**  
National Alliance on Mental Illness

**Description:** Free, 90-minute, public education program featuring personal stories of recovery and hope. Please e-mail Kathy Harkey at [kathynamicva@aol.com](mailto:kathynamicva@aol.com) or call her at 804-285-1749 to schedule an *In Our Own Voice* presentation for your community group, or to sign up to share your story of recovery through the *In Our Own Voice* program.



**NAMI Sharing Hope**  
National Alliance on Mental Illness

**Description:** Free, hour long public education program featuring personal stories of recovery and hope geared at assisting African American Faith communities to learn and investigate ways to support their congregation as it relates to mental health, and important element of overall health. E-mail Bryan at [nausns@gmail.com](mailto:nausns@gmail.com) or call him at 804-641-6164 to schedule a *Sharing Hope* presentation for your faith community.

**Ray's Friends** – Free social gatherings for people living with mental illness. Meet every other month for social outings such as bowling, playing miniature golf, going to a movie, visiting museums and an array of other activities. To learn more contact Yvette Lane at 804-553-8353 or [yvettelane@comcast.net](mailto:yvettelane@comcast.net). Space is limited, max of 15 per outing.



**Description:** Free, bi-monthly recovery support group for adults living with mental illness, facilitated by trained peers. Groups are confidential and anonymous.

#### **NAMI Connections Support Group (West End)**

**Meets:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month, from 6:00 to 7:30 PM

**Location:** Innsbrook – D3 Dominion Bldg, 4121 Cox Rd Glen Allen, VA 23060

**Contact:** Bryan at 804-641-6164

#### **NAMI Connections Support Group (Southside)**

**Meets:** 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month, from 7:00 -8:30 PM

**Location:** St Luke's United Methodist Church, 4101 Fordham Rd Richmond, VA 23236

**Contact:** Kim at 804-687-4594

#### **NAMI Connections Support Group (Veterans)**

**Meets:** Every Wednesday of the month, from 10:30 – 12:00 PM (beginning 11.16.2011)

**Location:** McGuire Veterans' Hospital, (for Vets) Rm D-1115, 1201 Broad Rock Blvd Richmond, VA 23249

**Contact:** Jackie – 434-664-9098

#### **NAMI Connections Group (Colonial Heights)**

**Meets:** Every Friday at 1:00 PM

**Location:** Colonial Heights Library 1000 Yacht Basin Dr. Conference Room, Colonial Heights, VA 23834

**Contact:** Gina Bennett at 804-605-5010 or email [towritegina@yahoo.com](mailto:towritegina@yahoo.com)



**Description:** Free, bi-monthly support group for friends and family of a loved one living with mental illness, facilitated by trained family member peers. Groups are confidential and anonymous.

#### **NAMI Family Support Group (Southside)**

**Meets:** The 4<sup>th</sup> Monday of each month, 6:30 PM

**Location:** Chesterfield Mental Health, 6801 Lucy Corr Blvd, 23832

**Contact:** To-Shera Friend-Kimble 804-715-5028

#### **NAMI Family Support Group (Southside)**

**Meets:** The 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month, 6:30 PM

**Location:** Bon Air Baptist Church, 2531 Burford Rd., North Chesterfield, 23235

**Contact:** Paula Halstead 804-323-4404

#### **Henrico Family Support Group (Northside) – Not NAMI sponsored**

**Meets:** Every Wednesday of each month, 6:30 PM (except 2<sup>nd</sup> Wed of the month)

**Location:** Lakeside House, 5623 Lakeside

**Contact:** Betty Miller 804-236-8752

**Hanover County Family Support Group – Not NAMI sponsored**

**Meets:** The 2<sup>nd</sup> Tuesday, every other month,

**Location:** 12300 Washington Hwy (Route 1), Ashland

**Contact:** Sandy Roll – 804-752-2412 or Renee Sands – 804-365-4222

**NAMI Central Virginia Survivor’s of Suicide Loss Support Group**

**Meets:** The 1<sup>st</sup> Thursday, every month, 7:00pm

**Location:** Monument Heights Baptist Church, 7516 Monument Ave. **Contact:** Kathy Harkey – 804-512-0983