

NAMI Programs

Education Classes

NAMI Basics

NAMI Basics is a class for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed. **Future dates TBA on our website.**

NAMI Family-to-Family

NAMI Family-to-Family is a class for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. **Classes begin Thursdays February 21st thru April 25th at Leadership Lorain County offices 1201 E. Broad St. Elyria. Call our office to RSVP 440-233-8181 ext. 224**

NAMI Homefront and NAMI Homefront Kids

NAMI Homefront is a class for families, partners and friends of military service members and veterans experiencing a mental health challenge. The course is designed specifically to help these families understand those challenges and improve the ability of participants to support their service member or veteran. During the Adult class the Children's class is also held. **Class now in session and a new class will begin in April 2019**

NAMI Peer-to-Peer

NAMI Peer-to-Peer is a recovery education course open to anyone experiencing a mental health challenge. The course is designed to encourage growth, healing and recovery among participants. **Classes to begin in April 2019**

Support Groups

NAMI Connection

NAMI Connection is a twice a month support group for people living with a mental health condition. **New support group is held every first and third Thursday of each month and is currently held at Unitarian Universalist Church in Oberlin.....call for directions and to RSVP**

NAMI Family Support Group

NAMI Family Support Group is a monthly support group for family members, partners and friends of individuals living with a mental illness. **The group is currently held at Grace Lutheran Church in Oberlin and beginning in March will be held every third Thursday of each month from 7pm to 8:30pm**

NAMI Progress thru Action

This is a Support and Education Group that meets weekly for those suffering from mental illness and covers action steps and goal setting each week for the participant's recovery. **The group is held every Thursday from 3pm to 4:30pm at the NAMI offices. Call to reserve a space.**