

NAMI Class Schedules - 2016 - Cycle #2

Washington County Library System-St. George, UT (88 W 100 S, lower level) Thursdays 5:45 to 7:45PM

NAMI Family-to-Family
(For family members, relatives, and friends of people with mental illness)

NAMI Peer-to-Peer
(Mental health education for those living with mental illness)

Sept 8-Dec 22, 2016 - Cycle #2

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Thur.	1-Sep	F2F SG	<i>Family Support Group</i>	Thur.	1-Sep	Connection	<i>Connection Support Group</i>
Thur.	8-Sep	CLASS 1	#1 Education/Welcome: Introduction to family education	Thur.	8-Sep	CLASS 1	#1 Orientation: Welcome, Introductions, Course orientation, Questions and answers
Thur.	15-Sep	CLASS 2	#2 Major Mental Illness/Critical Periods: Symptoms of Schizophrenia, Major Depression, Mania, Schizoaffective Disorder, Getting through Critical Periods of Crisis	Thur.	15-Sep	CLASS 2	#2 Icebreaker, Group ground rules, Discussion on course values, Mental illnesses as traumatic, experiences, Consumer stages of recovery, Stigma, Culture, Mindfulness
Thur.	22-Sep	CLASS 3	#3 Types of Mood Disorder: Subtypes of Depression and Bipolar Disorder, Borderline Personality Disorder, Panic Disorder, OCD, Co-occurring brain and addictive disorders	Thur.	22-Sep	CLASS 3	#3 "It's not my fault"- mental illnesses as no-blame disorders, Brain biology and research, The challenges and benefits of medication, Relapse prevention, Creative visualization, Mindfulness
Thur.	29-Sep	SPEAKER NIGHT	GUEST SPEAKER NIGHT	Thur.	29-Sep	SPEAKER NIGHT	GUEST SPEAKER NIGHT
Thur.	6-Oct	F2F SG	<i>Family Support Group</i>	Thur.	6-Oct	Connection	<i>Connection Support Group</i>
Thur.	13-Oct	CLASS 4	#4 Basics About the Brain: Biology and the causes of brain disorders	Thur.	13-Oct	CLASS 4	#4 Storytelling - sharing of personal experiences, Mindfulness
Thur.	20-Oct	CLASS 5	#5 Problem Solving Skills: Workshop	Thur.	20-Oct	CLASS 5	#5 Information and discussion about: • Schizophrenia • Depression • Bipolar Disorder • Schizoaffective Disorder • Borderline Personality Disorder, Relapse prevention continued, Accounts of wisdom and strength, Mindfulness
Thur.	27-Oct	CLASS 6	#6 Medication Review	Thur.	27-Oct	CLASS 6	#6 Information and discussions about: • Generalized Anxiety Disorder • Panic Disorder • Obsessive Compulsive Disorder • Post Traumatic Stress Disorder • Dual Diagnosis, Relapse prevention continued, Substance abuse and addiction, The role of acceptance in recovery, Mindfulness
Thur.	3-Nov	F2F SG	<i>Family Support Group</i>	Thur.	3-Nov	Connection	<i>Connection Support Group</i>
Thur.	10-Nov	CLASS 7	#7 Empathy: Inside mental illness	Thur.	10-Nov	CLASS 7	#7 Understanding emotions, Complete relapse prevention, Focusing on experiences of joy, Spirituality, Physical health and mental health, Mindfulness
Thur.	17-Nov	CLASS 8	#8 Communication Skills Workshop	Thur.	17-Nov	CLASS 8	#8 Suicide and prevention, Coming out of isolation, Mental illness and disclosure, Take-home tool for making difficult choices, Surviving a hospital stay, Advance Directive for Mental Healthcare Decision Making, Mindfulness
Thur.	24-Nov	Break	Thanksgiving BREAK	Thur.	24-Nov	Break	Thanksgiving BREAK
Thur.	1-Dec	F2F SG	<i>Family Support Group</i>	Thur.	1-Dec	Connection	<i>Connection Support Group</i>
Thur.	8-Dec	CLASS 9	#9 Self-care	Thur.	8-Dec	CLASS 9	#9 Guest speaker, Hot buttons and triggers, Working with providers, Advance Directive continued, Incarceration-survival and preparedness, Mindfulness
Thur.	15-Dec	CLASS 10	#10 Recovery / Rehab	Thur.	15-Dec	CLASS 10	#10 Another look at consumer stages of recovery, Empowerment, Advocacy, Opportunities for involvement in NAMI, Mindfulness, Evaluations, Celebration
Thur.	22-Dec	CLASS 11 CLASS 12	#11 Advocacy, #12 Party/ Graduation/Certificates	Thur.	22-Dec	CLASS 11 CLASS 12	#11 Open, #12 Party/ Graduation/Certificates
Thur.	29-Dec	SPEAKER NIGHT?	GUEST SPEAKER NIGHT	Thur.	29-Dec	SPEAKER NIGHT?	GUEST SPEAKER NIGHT

For info call: Pam @ 541-331-0711 or Lynn @ 435-256-8351

namiut-sw.org • namiut.org • nami.org

hsmh.utah.gov • bringchange2mind.org • psychcentral.com

suicidepreventionlifeline.org • treatmentadvocacycenter.org