

NAMI CLASSES IN HURRICANE

FAMILY TO FAMILY CLASSES:

For the family of the person with mental illness, for their own support, understanding of mental illness and maintaining their own well-being, as well as that of their loved one with mental illness. The NAMI trained volunteer teachers are family members that personally know what it is like to have a loved one struggling with a brain disorder.

Thursday nights at 6:15, starting March 29th

Hurricane Community Center, Room 117

Call Lindsay 435-272-6500 for more info.

We are NAMI Utah-SW, Affilliate of NAMI Utah

NAMI-

National Alliance on Mental Illness

Namiut-sw.org; Namiut.org; Nami.org

Family to Family classes are also held in the downtown Library in St George, Thursday nights, 5:45-7:45.

Family Support Groups are held on the first Tuesdays of the month, same time, place.

Peer to Peer classes and Support Group for those in mental illness recovery are also held in St George Library on Thursday nights at 5:45-7:45

TWO FREE MENTAL HEALTH EDUCATION PROGRAMS

Program 1) PEER TO PEER –Free 10 session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach.

Program 2) Family-to-Family – For the family of the person with mental illness, for their own support, understanding of mental illness and maintaining their own well-being, as well as that of their loved one with mental illness. The NAMI trained volunteer teachers are family members that personally know what it is like to have a loved one struggling with a brain disorder.

These separate programs are on the same night, time, and place, in separate rooms. These are a series of 12 weekly classes and include class notebooks and lectures.

It's all FREE. Find Help. Find Hope.

Family to Family Classes held on each Thursday

Support groups are on first Tuesdays of the month .

Peer to Peer classes are held on each Thursday

Connections/Support groups are on first Thursdays.

Washington Co Library System-St George, UT

(88 W, 100 S, lower level)- all at 5:45- 7:45

Call Pam-541-331-6979 or Lynn 435-256-8351

NAMI Education Programs sponsored by NAMI UTAH & WA Co Library System

www.namiut-sw.org; www.namiut.org ; Facebook: NAMI Southwest Utah/mental health

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NAMI UT-SW 2018 CLASS/ SUPPORT-- Schedule

FAMILY TO FAMILY SUPPORT GROUP -- (TUESDAYS)

MAR 6	July 3	Nov 6
APR 3	Aug 7	Dec 4
MAY 1	Sept 4	
JUN 4	Oct 2	

FAMILY TO FAMILY CLASS (THURSDAYS)

Mar 29	SEPT 6-13-20-27
Apr 5-12-19-26	OCT 4-11-18-25
May 3-10-17-24-31	NOV 1-8-15
June 7	

PEER TO PEER CLASS (THURSDAYS)

	JUN 14-21-28
	JULY/AUGUST NO CLASSES
MAR 8-15-22-29	SEPT 13-20-27
APR 12-19-26	OCT11-18-25
MAY 10-17-24-31	NOV8-15-29

PEER CONNECTIONS/SUPPORT GROUP (THURSDAYS)

APR 5	SEPT6	DEC 6
MAY 3	OCT 4	
JUN 7	NOV 1	

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