



# NAMI Wake County

## SUPPORT GROUPS

### CONNECTIONS SUPPORT GROUP (PEERS)

#### Raleigh

Highland United  
Methodist Church  
1901 Ridge Rd., 2nd Fl.  
First Three Mondays  
7:00-8:30 pm

#### Wake Forest

Wake Forest United  
Methodist Church  
905 S. Main St.  
2<sup>nd</sup>-4<sup>th</sup> Tuesdays  
7:00-8:30 pm

#### Knightdale

Northside Community  
Church  
621 N. First Ave.  
Thursdays  
7:00-8:30 pm

### FAMILY SUPPORT GROUPS

#### Raleigh

Highland United Methodist Church  
1901 Ridge Rd., Second Floor  
First Three Mondays  
7:00-8:30 pm

#### Cary

Christ the King Lutheran Church  
600 Walnut St., Room 101  
Second & Fourth Tuesdays  
7:00-8:30 pm

#### Wake Forest

Wake Forest United Methodist Church  
905 S. Main St.  
Second thru Fourth Tuesdays  
7:00-8:30 pm

#### Garner

Garner United Methodist Church  
201 Methodist Dr. Room 212  
Second & Fourth Thursday  
7:00-8:30 pm

### SPECIAL

#### Peers & Family

*Raleigh*  
Wake County Human  
Services  
220 Swinburn St.,  
Fridays  
2:00-3:30 pm

#### Peers & Family

*Fuquay-Varina*  
St. Bernadette Catholic  
Church  
1005 Wilbon St.  
Mondays  
6:00-7:00 pm

#### Caregivers of Children Under 21

531 Keisler Dr. Ste. 104  
Cary, NC 27518  
Second Saturdays  
10:30-12:00pm

For more information, visit [www.nami-wake.org](http://www.nami-wake.org).

# NAMI Wake Classes in 2019



**Location TBD 6-weeks in Late January and February, 2019**

A free 6-session program designed for parents and caregivers of children and teens experiencing symptoms of mental illness or challenging emotional or behavioral difficulties.



National Alliance on Mental Illness

**White Memorial Presbyterian Church, 1704 Oberlin Rd.,  
Raleigh, Saturday, January 5 - March 16, 9:00 - 11:30 am**

The course includes information on illnesses such as bipolar disease, schizophrenia, major depression and other mental health conditions. It is designed to help all family members understand and support their loved one.



National Alliance on Mental Illness

**Location TBD 8 consecutive weeks in February & March**

Peer-to-Peer is a free, 8-session course for adults living with mental health challenges. It focuses on recovery that offers respect, understanding, encouragement and hope in a confidential, educational setting.

**Family Connections for Borderline Personality Disorder**

**Raleigh Location TBD 4 consecutive weeks in April**

To register contact [aakland@gmail.com](mailto:aakland@gmail.com).

**Register by emailing [education@nami-wake.org](mailto:education@nami-wake.org).**

**All classes FREE.**