

NAMI Wake Mental Health Classes



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ABOUT NAMI: NAMI Wake County is the local organization of the National Alliance on Mental Illness. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Contact Us to Register for Spring 2019 Classes

Preregistration Required

education@nami-wake.org



All classes are taught by a trained team with lived experience---they know what you are going through because they have been there.

NAMI Wake County
PO Box 12562
Raleigh, NC 27605
919-848-4490
www.nami-wake.org

NAMI Basics February 4 – March 11, 6 – 8:30 p.m.

Raleigh location,

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. Learn facts about diagnosis, treatment, medications, effect on family, managing and coping, stress, taking care of self and advocacy. Register by email to education@nami-wake.org or www.nami-wake.org.

NAMI Family-to-Family Saturday, January 5 – March 16, 9:00 – 11:30 am.

White Mem. Presbyterian Church, 1704 Oberlin Rd., Raleigh,

NAMI Family-to-Family is a free, 11-session education program for family, partners, friends and significant others of adults living with mental illness. 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. Register by email to education@nami-wake.org or www.nami-wake.org.

NAMI Peer-to-Peer Monday, January 21 – March 11, 6:30-8:30 pm.,

Pullen Memorial Baptist Church, 1801 Hillsborough St., Raleigh

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. Register by email to education@nami-wake.org or www.nami-wake.org.

Borderline Personality Disorder Saturdays, Jan 12, 9-12 noon.

A 4-week course with specific information about Borderline Personality Disorder. To register contact gerryakland@gmail.com.

NAMI Monthly Education Program, 4th Monday nights, 7:00-8:30 pm

Highland United Methodist Church, 1901 Ridge Road, Raleigh

January 28, *New: Wake Mobile Crisis Services in Mental Health*