

SPRING 2019



Thursdays, May 9- June 13, 6:00-8:30 pm
Christ the King Lutheran, Cary

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



Saturdays, May/June, 9:00-2:30 pm, Raleigh

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



Saturdays, April- June Afternoon

Faith Assembly Christian Center, North Raleigh

Peer-to-Peer is an 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 emailing education@nami-wake.org.