

fall education classes



NAMI PEER-TO-PEER

A free recovery education course open to anyone experiencing a mental health challenge. The course is designed to encourage growth, healing and recovery among participants. Class day: Tuesdays, 6:30-8:30pm

First Class: Tuesday, September 29th, 6:30-8:30pm

NAMI FAMILY-TO-FAMILY

A free, 8-week course for family caregivers of individuals with mental illnesses. The course is taught by trained family members. Class day: Thursdays, 6:00-8:30pm

Class Zero: Thursday, October 8th, 6:00-8:30pm

other programming

Trauma Centered Trauma Sensitive Yoga Class

This 8-week yoga class is focused on treatment of complex trauma and complex PTSD. This yoga is equally accessible to all people regardless of age, gender identity, race, ethnicity, body type and physical ability. The class will be facilitated by Daphne Dodson, PhD and NAMI Basics instructor.

First Class: Thursday, September 10th, 6:00pm

LGBT+ Support Group for Young Adults (18+)

This support group is a partnership with the LGBT Center of Raleigh and NAMI NC. It's a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. Group day: 1st Sunday and 3rd Tuesday of the month.

First Class: Tuesday, September 15th, 6:00pm

**follow us on social media @namiwake
for programming updates + registration info!**