

Sampling of Programs

Family-to-Family for families, partners and friends of individuals with serious mental illness.

Basics specifically for parents, guardians and other family caregivers of youth.

Family Support Group confidential meetings facilitated by trained NAMI members.

Connections peer-facilitated confidential meetings with trained NAMI members.

Peer-to-Peer peer-led recovery education course for people living with mental illness.

In Our Own Voice trained speakers share their stories of living with mental illness.

Ending the Silence for students, school staff and school families to learn about mental illness, suicide prevention, how to recognize the early warning signs and the importance of acknowledging them.

NAMI in the Lobby available at local psychiatric hospitals and mental health clinics.

Homefront for families, caregivers and friends of military service members and veterans with mental health conditions.

Family and Friends is a one-day seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources.

NAMIWalks is the largest mental health advocacy march in the US on May 22!

NAMI programs are offered at no cost in English, Spanish, and other languages

NAMI Greater Los Angeles County includes:

**NAMI Glendale + NAMI San Fernando Valley + NAMI South Bay +
NAMI San Gabriel Valley + NAMI Long Beach + NAMI Whittier**

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