

# FIND COMMUNITY AT NAMI

## FOR THOSE WITH LOVED ONES LIVING WITH MENTAL HEALTH CONDITIONS

NAMI Colorado Springs' family **classes** and **groups** are offered at no cost and are led by people who have supported loved ones living with mental health issues.

### • FAMILY SUPPORT GROUP

Weekly gatherings, offered both virtually and in person, open to any adult with a loved one who lives with a mental health condition.

**IN-PERSON: Thursdays, 7 - 8:30 p.m.**

**VIRTUAL: 1st Wednesdays, 7 - 8:30 p.m.**

### • GRUPO DE APOYO PARA FAMILIARES

Reuniones mensuales, ofrecidas tanto virtualmente como en persona, para adultos de habla hispana con un ser querido que vive con una condición de salud mental.

*Monthly gatherings, offered both virtually and in person, to Spanish speaking adults with a loved one who lives with a mental health condition.*

**IN-PERSON: 1st Tuesdays, 6 - 7:30 p.m.**

**VIRTUAL: 3rd Tuesdays, 6 - 7:30 p.m.**

### • BASICS SUPPORT GROUP

Peer support for parents and guardians as their youth or teen loved ones experience mental health challenges.

**2nd Mondays, 7 - 8:30 p.m., via Zoom**

### • FAMILY-TO-FAMILY\*

An evidence-based class for people whose loved ones live with mental illness, meeting once a week for eight weeks.

### • HOMEFRONT\*

A class for family members and friends of active-duty military and veterans who are experiencing mental health concerns. It is adapted from NAMI's evidence-based Family-to-Family program.

### • BASICS\*

A class for parents and caregivers of children and teens who are experiencing symptoms of mental illness or who have already been diagnosed.

**\*Classes typically scheduled seasonally.**

## IF YOU'RE IN A POSITION TO HELP OTHERS...

When time and circumstances allow, family members at NAMI find rewarding volunteer opportunities as support group facilitators and/or class teachers. All training, and ongoing support, is provided.

## TO FIND OUT MORE INFORMATION OR TO REGISTER:

[NAMIColoradoSprings.org](http://NAMIColoradoSprings.org) • 719.473.8477 • [info@namicos.org](mailto:info@namicos.org)



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

**1615 S. Murray Blvd.** on the Silver Key campus (office hours M-F, 9-5)

