

## 2022 CLASS SCHEDULE

**Do You Live With A Mental Health Condition?**  
Do you care for someone living with the symptoms of a mental health condition?

Major Depression, Bipolar Disorder (Manic Depression) Schizophrenia or Schizoaffective Disorder, Borderline, Panic Disorder or Obsessive-Compulsive Disorder, DID, Post-Traumatic Stress Disorder, Traumatic Brain Injury, Co-Occurring Brain Disorders or Addictive Disorders

Class Name	Time	Community	Start Date
<b>Family-to-Family</b>	Wednesdays, 6:30pm-9:00pm	Citywide/Online	January 26
<b>Peer-to-Peer</b>	Thursdays, 6:30pm-8:30 pm	Citywide/Online	January 13
<b>Peer-to-Peer</b>	Saturdays, 9:00am -1:00pm	North/Online	March 26
<b>De Familia-a-Familia</b>	Fridays, 6:30 pm-9:00 pm	Citywide/Online	March 25
<b>NAMI Basics</b>	Tuesdays, 6:30pm-9:00pm	Citywide/Online	February 8
<b>NAMI Basics</b>	Wednesdays, 6:30pm - 9:00pm	Citywide/Online	April 13
<b>Family-to-Family</b>	Tuesdays, 6:30pm - 9:00pm	Citywide/Online	February 22
<b>Peer-to-Peer</b>	Thursdays, 6:30pm - 8:30pm	South/Online	February 17
<b>Family-to-Friends</b>	Saturday, 9:00am -1:00 pm	Citywide/Online	February 23
<b>Family-to-Friends</b>	Saturday, 9:00am -1:00pm	Citywide/Online	April 23

### FOR FAMILY MEMBERS

We offer **Family-to-Family** an 8-week class to help you support individuals with mental health concerns while maintaining your own well-being. The course is taught by trained NAMI family member volunteers who know what it is like to have a loved one struggling with one of these conditions. There is **no cost** to participate in Family-to-Family. We think you will be pleased by how much assistance the program offers.

### FOR PARENTS/CAREGIVERS OF CHILDREN/ADOLESCENTS

We offer **NAMI Basics** a 6-week class to help parents understand what the condition presents for the family, how to manage extended family relationships, best practices in caring for the child, communication with the medical community and school. It also includes information related to treatment, self-care, and advocacy. Each session is 2 ½ hours.

### NAMI PEER-TO-PEER EDUCATION

is a course for **individuals living with a mental health condition** (18 years or older) who are interested in establishing and maintaining their wellness and recovery. Each class is two hours in length and continues for 8 consecutive weeks.

NAMI courses use a combination of lecture, interactive exercise, and structured group processes. The diversity of experience among the participants allows for a lively dynamic that moves the course along.

**TO REGISTER:**  
713-970-4435 (English)  
or llame, por favor, 713-970-4481 (Español)  
or email [register@namigreaterhouston.org](mailto:register@namigreaterhouston.org)