



National Alliance on Mental Illness

Greater Houston

namigreaterhouston.org | register@namigreaterhouston.org

All NAMI psychoeducation classes and seminars are free programs with evidence-based, current curricula. They are led by trained individuals with lived experience regarding the subject matter to provide participants with knowledge, resources and compassionate support within a nonjudgmental, understanding community. You're not alone — we're here for everyone!

Check out our current 2026 summer schedule by class listed to the right, and scan or click the QR code to select and pre-register for your preferred class; once we receive your submission, we'll contact you with next steps. Don't see the class or time you need listed? Still submit your pre-registration to let us know you're interested, and we'll contact you when our next round of options is available*!



PEER-TO-PEER

Session I: 6:30 p.m. Tuesdays starting June 30 online

Session II: 6:30 p.m. Thursdays starting July 2 in-person (Sharpstown area)

NAMI Peer-to-Peer is an eight-week course for adults with mental health conditions. It's led by others with mental health conditions and is designed to empower participants to better understand themselves and take charge of their well-being and recovery. Classes last approximately 2.5 hours each.

FAMILIA Y AMIGOS DE NAMI

1-2:30 p. m. jueves, 9 de julio, en línea

Familia y Amigos de NAMI es un seminario de 90 minutos o de cuatro horas que informa y brinda apoyo a personas que tienen seres queridos con condiciones de salud mental. Está dirigido por otras personas que tienen experiencia personal con condiciones de salud mental en sus familias. Los participantes aprenden sobre diagnósticos, tratamiento, recuperación, estrategias de comunicación, preparación para crisis y recursos de NAMI. Esta es una alternativa útil para quienes necesitan una versión rápida y condensada de nuestro curso Family-to-Family de ocho semanas.

FAMILY & FRIENDS

Session I: 9 a.m.-1 p.m. Saturday, July 11, in-person (Med Center area) & online

Session II: 8:30 a.m.-12:30 p.m. Saturday, July 25, in-person (Channelview area)

NAMI Family & Friends is a 90-minute or four-hour seminar that informs and supports people who have loved ones with mental health conditions. It's led by others who have personal experience with mental health conditions in their families. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation, and NAMI resources. This is a helpful alternative for people needing a quicker, condensed version of our eight-week Family-to-Family course.

BASICS

10 a.m. Saturdays starting July 18 online

NAMI Basics is a six-week course for parents and caregivers of children and young people (ages 22 and younger) with mental health conditions. It's led by other parents who share similar life experience and offers the tools, information and empathy needed to navigate the challenges of youth mental health. Classes last approximately 2.5 hours each.

[*namigreaterhouston.org/services](http://namigreaterhouston.org/services)
has info on all programs!