

SPRING 2021 MENTAL HEALTH PROGRAMS



All programming is being offered for free, online, via Zoom.

NAMI Family-to-Family

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people living with a mental health condition. It is a designated evidence-based program that includes presentations, discussion and interactive exercises. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. NAMI Family-to-Family provides critical information and strategies for taking care of the person you love.

In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

Dates: Saturdays, March 13th – May 1st | 2pm – 4pm
Visit bit.ly/f2fspring2021 to register.

NAMI Peer-to-Peer

NAMI Peer-to-Peer is a free, 8-session education program for adults (18+) living with a mental health condition who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises.

NAMI Peer-to-Peer will help you:

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Understand the impact of symptoms on your life
- Access Baltimore-area resources to assist you in maintaining your journey toward recovery

Dates: Sundays, March 14th – May 16th | 2pm – 4pm (*skipping classes on Easter Sunday and Mother's Day*)
Visit bit.ly/p2pspring2021 to register.

NAMI Support Groups

Our support groups are peer-led and totally free to the public to join. We offer a family support group, a peer support group for anyone 18+, and a young adult peer support group for individuals 18 – 39 years of age.

Visit <https://bit.ly/bmorenami> to learn more about each group, and register!

