NAMI St. Louis signature programs

Educational Programs

Family-to-Family Courses

NAMI Family-to-Family is an educational course for family, caregivers and friens of indiviuals living with mental illness.

Family-to-Family meets for twelve 2.5 hour sessions. Information and resources are provided at no cost to the participants. This program is designed for loved ones (over age 18) of individuals living with mental illness. Go to our website **http://www.namistl.org /programs-2/ nami-family-to-family/** for the spring session calendar.

CREVE COEUR
Start Date: Wednesday, January 10, 2018
End Date: Wednesday, March 28, 2018
Time: 6:30 pm – 9:00 pm
Location: Mercy Hospital Behavioral Health Cafeteria
12125 Conway Road
Creve Coeur, MO 63141

ELLISVILLE
Start Date: Saturday, January 13, 2018
End Date: Saturday, March 31, 2018,
Time: 9:30 am – 12:00 pm
Location: Daniel Boone Library
300 Clarkson Road
Ellisville, MO 63011

ST. PETERS/O'FALLON AREA
Start Date: Thursday, February 8, 2018
End Date: Thursday, April 26, 2018
Time: 7:00 pm – 9:30 pm
Location: Grace UCC
8326 Mexico Road
St. Peters, MO 63376

WEBSTER GROVES
Start Date: Wednesday,February 21, 2018
End Date: Wednesday, May 9, 2018
Time: 6:30 pm – 9:00 pm
Location: Webster Groves Baptist Church
300 Summit Avenue
Webster Groves, MO 63119

DES PERES
Start Date: Saturday, March 3, 2018
End Date: Saturday, May 26, 2018
(class will not meet on 5/5)
Time: 9:00 am – 11:30 am
Location: St. Paul's Lutheran Church
12345 Manchester Road
Des Peres, MO 63131

CLAYTON
Start Date: Thursday, February 15, 2018
End Date: Thursday, May 3, 2018
Time: 7:00 pm – 9:30 pm
Location: First Congregational Church
6501 Wydown Blvd.
Clayton, MO 63105

SOUTH COUNTY
Start Date: Wednesday, February 21, 2018
End Date: Wednesday, May 9, 2018
Time: 6:00 pm – 8:30 pm
Location: Jefferson Barracks
1 Jefferson Barracks Drive, Building 58
Room 152. St. Louis, MO 63125

FESTUS
Start Date: Wednesday, February 21, 2018
End Date: Wednesday, May 9, 2018
Time: 6:30 pm – 9:00 pm
Location: Mercy Hospital, Jefferson
1400 US-61, Room CR-A
Festus, MO 63028

NAMI Basics Class

NAMI Basics is a free, weekly, six-session course for parents and other primary caregivers of children living with mental illness. NAMI Basics is an educational program that provides learning and practical insight for families. **Pre-registration is required**. Free childcare available with registration. To register for Basics, visit **www.namistl.org/nami-basics.html**, or call the HelpLine at **314-962-4670**.

ST. PETERS/O'FALLON
Start Date: Monday, March 19 2018
End Date: Monday, April 23, 2018
Time: 6:30 pm – 9:00 pm
Location: Grace UCC Sanctuary
8326 Mexico Road
St. Peters, MO 63376

Peer-to-Peer Class

Peer-to-Peer is a free, weekly, ten-session class for anyone experiencing a mental health challenge. It focuses on mental health, wellness and recovery. Open to adults (18+) living with mental health challenges.

Peer-to-Peer is guided by peers who successfully manage their own recovery and wellness. No specific medical therapy or medication is endorsed or recommended. **Pre-registration is required**. To register for Peer-to-Peer, **http://www.namistl.org/peer-to-peer.html**, or call the HelpLine at **314-962-4670**.

ST. CHARLES
Start Date: Monday, January 8, 2018
End Date: Monday, April 23, 2018
Time: 6:30 pm – 8:30 pm
Location: St. Charles Engineering and Surveying
801 S. Fifth Street, Lower Level
St. Charles, MO 63301

In Our Own Voice

A recovery education presentation given by trained consumer presenters who tell their stories of recovery. The presentation is approximately 1-1/2 hours, and is for schools, churches, or any group interested in learning more about mental illness from people living with it.

SHOWme OCD Support Group

Open to individuals suffering with OCD and their families and friends. Sponsored by CenterPointe Hospital, held every Wednesday of each month at 7:00 pm at CenterPointe Hospital, West County Outpatient Office, 763 S. New Ballas Road,
Suite 130, St. Louis, MO 63141. For information call Gregg Sansone at **636-236-2267** or e-mail **GreggSansone@hotmail.com**.

Other Free Programs

Crisis Intervention Team Training

Law enforcement officers not only learn a wide range of information about serious mental illness, they also learn to understand how living with these conditions affects their loved one.

For the latest information about the upcoming classes contact Kyle Dooley, NAMI St. Louis Director of CIT Community Policing Programs at **636-262-0043**

Question, Persuade, Refer (QPR)

Sponsored by Mercy Hospital, QPR is a training that discusses three steps that anyone can learn to prevent suicide. Local resources will also be discussed. One-time training. For more information, call **314-962-4670.**

JEFFERSON COUNTY
Thursday, January 4, 2018
Thursday, March 1, 2018
Time: 7:00 pm – 8:30 pm
Location: Mercy Hospital Main Building,
Conference Room C
1400 US-61
Festus, MO 63028

CREVE COEUR
Thursday, February 8, 2018
Time: 7:00 pm – 8:30 pm
Location: Mercy Hospital Behavioral Health
Building Cafeteria
12125 Conway Road
Creve Coeur, MO 63141

Supporting Those at Risk of Suicide (STARS)

Sponsored by Mercy Hospital, STARS is a training that helps you understand ways to support and understand those who are at risk of suicide. Local and national resources will also be discussed. One-time training. For more information, call **314-962-4670.**

CREVE COEUR
Thursday, January 11, 2018
Thursday, March 1, 2018
Time: 7:00 pm – 8:30 pm
Location: Mercy Hospital Behavioral Health
Building Cafeteria
12125 Conway Road
Creve Coeur, MO 63141

JEFFERSON COUNTY
Thursday, February 1, 2018
Time: 7:00 pm – 8:30 pm
Location: Mercy Hospital Main Building,
Conference Room C
1400 US-61
Festus, MO 63028

Mercy

For additional information about our programs, go to our website www.namistl.org/programs-2/

support group calendar / january-march 2018

GROUP	JAN	FEB	MAR	TIME	LOCATION
Every Monday Person with a Mental Illness	8, 15, 22, 29	5,12, 19, 26	5,12, 19, 26	6:30 - 8:00 pm	**NAMI Connection Recovery Support Group** at Friedens United Church of Christ, 1703 Old Hwy 94 South, St. Charles, MO 63303, Community Room. Contact Jim Eyman **314-808-5551**
3rd Monday Family	15	19	19	7:00 - 8:30 pm	**Family Support Group** at Trinity Lutheran Church, 14080 Clayton Road, Chesterfield, MO 63017, Room 258. Contact Jerry Spector **636-532-0027**
1st Tuesday Person with a Mental Illness	2	6	6	7:00 - 8:30 pm	**Consumer Support Group** at Gateway Regional Medical Center, Granite City, IL 62040, Pascal Hall, Ground Floor. Contact NAMI SW Illinois at **618-798-9788**
2nd Tuesday Family	9	13	13	6:30 - 8:00 pm	**Family Support Group** at Webster Hills United Methodist Church, 698 West Lockwood, Webster Groves, MO 63119, Christian Life Center/Library Room. Contact Judy Larson **314-922-4693**
3rd Tuesday Person with a Mental Illness	16	20	20	7:00 - 8:30 pm	**NAMI Connection Recovery Support Group** at Grace United Church of Christ, 8326 Mexico Road, St. Peters, MO 63376. Contact NAMI St. Louis **314-962-4670**
3rd Tuesday Family	16	20	20	7:00 - 8:30 pm	**Family Support Group** at Grace United Church of Christ, 8326 Mexico Road, St. Peters, MO 63376. Contact Liz Birchen at **636-240-2244**
4th Tuesday Family	23	27	27	7:00 - 8:30 pm	**"With Hope In Mind" Family Support Group** at Christian Hospital Northeast, 11133 Dunn Road, St. Louis, MO 63136, Room 2100. Contact Linda Hossin at **314-302-2740**
4th Wednesday Family	24	28	28	7:00 - 8:30 pm	**Family Support Group** at Eliot Chapel, 100 S. Taylor, Kirkwood, MO 63122. Contact NAMI St. Louis at **314-962-4670**
1st Thursday Family	4	1	1	7:00 - 8:30 pm	**Family Support Group** at New Hope United Methodist Church, 3921 Jeffco Blvd, Arnold, MO 63010 Room 106 (Enter through the white doors at the back of building.) Contact JoAnn Hartley at **314-293-1512**
1st Thursday Family	4	1	1	7:00 - 8:30 pm	**Family Support Group** at NAMI satellite office in St. Charles, 200 South Kingshighway, St. Charles, MO 63301, Suite 101. Contact Bonnie **314-974-4694**
1st Thursday Family	4	1	1	7:00 - 8:30 pm	**Family Support Group** at Christ Church, 2200 Bellevue Avenue, Maplewood, MO 63143 (at corner of Bruno and Bellevue). Contact NAMI St. Louis at **314-962-4670**
2nd Thursday Family		15	15	7:00 - 8:30 pm	**Family Support Group** at Mercy Hospital, Jefferson, 1400 US-61, Festus, MO 63028, Main Building Conference Room C. Contact NAMI St. Louis at **314-962-4670**
2nd & 4th Thursday Family	11	8	8	7:00 - 8:30 pm	**Family Support Group** at Kirkwood United Methodist Church, 201 West Adams, Kirkwood, MO 63122, Room 115. Contact NAMI St. Louis at **314-962-4670**
	25	22	22		
3rd Thursday Family	18	15	15	6:30 - 8:00 pm	**Family Support Group** at Trinity Presbyterian Church, 727 Melinda Dr., Union MO 63084 (Hwy. 47 between Washington & Union). Contact NAMI St. Louis at **314-962-4670**
3rd Thursday Family		22	22	7:00 - 8:30 pm	**Family Support Group** at Mercy Hospital, St. Louis, 12125 Conway Road, St. Louis, MO 63141, Behavioral Health Buidling, Cafeteria. Contact NAMI St. Louis at **314-962-4670**
Every Sunday Person with a Mental Illness	7, 14, 21, 28	4, 11, 18, 25	4, 11, 18, 25	2:00 - 3:30 pm	**NAMI Connection Recovery Support Group** at Grace Peace & Fellowship, 5574 Delmar, St. Louis 63112. Contact: Rose Schulte, **314-716-2210.**

For additional information about our support groups, go to our website www.namistl.org/support-groups/