NAMI St. Louis signature programs

Educational Programs

Family-to-Family Courses
Classes will fill up quickly, so go to our website to register online at www.namistl.org/family-to-family.html or contact the Help Line at 314-962-4670. Pre-registration is required for these classes. New classes for spring will be added to the website as they are scheduled.

Mercy Hospital Behavioral Health
Cafeteria
12125 Conway Rd
Creve Coeur, MO 63141
Starts Thursday, January 5, 2017
Ends Thursday, March 23, 2017
6:30pm - 9:00pm

St. John’s Lutheran Church
3517 Jeffco Blvd
Arnold, MO 63010
Starts Wednesday, February 8th, 2017
Ends Wednesday, April 26th, 2017
7:00pm - 9:30pm

New Creation Presbyterian
1459 Wentzville Parkway
Wentzville, MO 63385
Starts Thursday, February 16, 2017
Ends Thursday, May 4, 2017
6:30pm - 9:00pm

Christ Church
Fellowship Hall
2200 Bellevue Ave
Maplewood, MO 63143
Starts Wednesday, March 1, 2017
Ends Wednesday, May 17, 2017
7:00pm - 9:30pm

Grace United Church of Christ
8326 Mexico Rd
St. Peters, MO 63376
Starts Thursday, March 2, 2017
Ends Thursday, May 18, 2017
7:00pm - 9:30pm

St. Paul Lutheran Church
12345 Manchester Rd
Des Peres, MO 63141
Starts Saturday, March 4, 2017
Ends Saturday, May 20, 2017
9:00am - 11:30am

St. Ann’s Catholic Church - Parish Center
7530 Natural Bridge Rd
St. Louis, MO 63121
Starts Saturday, March 4, 2017
Ends Saturday, June 3, 2017
(Class will not meet on 04/08/17 or 04/15/17.)
1:00pm - 3:30pm

First Congregational Church - Social Hall
6501 Wydown Blvd
Clayton, MO 63105
Starts Monday, March 6, 2017
Ends Monday, May 22, 2017
7:00pm - 9:30pm

NAMI Basics Class
(Basics Classes are approved and listed on the Missouri Workshop Calendar for 15 clock hours, if all 6 sessions are attended.)
NAMI Basics is a free, weekly, six-session course for parents and other primary caregivers of children and adolescents 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.

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.

Other Free Educational Programs

Family & Consumers with OCD Support Group
Sponsored by St. Louis OCD, is held on the third Saturday of each month from 10:00am to 12:00pm. Now meets at Missouri Baptist Medical Center, Conference Room 3, 3015 North Ballas Road, St. Louis, MO 63131. For information call 314-842-7228.

Family Support Group for Relatives of People with Bipolar/Unipolar Illness
Sponsored by DBSA, meets 2nd Thursday of each month from 7:00pm to 8:30pm in room LL4 at St. Paul Lutheran Church (Fellowship Hall), 12345 Manchester (at Ballas), Des Peres, MO 63131. Contact Dolores Segal at 314-822-0183.

Support Group for Young Adults (ages 19-35) with Bipolar/Unipolar Illness
Sponsored by DBSA, meets 2nd and 4th Tuesdays of each month from 7:00pm to 8:30pm at St. Mary’s Health Center, 6420 Clayton Road, Ground Floor, Room C next to cafeteria, Richmond Heights, MO 63117. (Enter East Parking Garage on Clayton Rd. at DeMun.) Contact Christina at 314-795-1427.

The Samaritan Group for Family and Friends of Those Dealing with Chronic Mental Illness
Meets 2nd Saturday of each month, from 10:00am to 11:30am at Central Presbyterian Church, 7700 Davis Drive, Clayton, MO 63105. New Contact: Sharai Rudolph phone 314-603-5864 or email domin03+1@hotmail.com.
<table>
<thead>
<tr>
<th>GROUP</th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>TIME</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>Every Monday</td>
<td>2,9,16,</td>
<td>6,13, 20</td>
<td>6,13, 20</td>
<td>6:30 - 8:</td>
<td><strong>NAMI Connection Recovery Support Group</strong> at Friedens United Church of Christ, 1703 Old Hwy 94 South, South, Community Room, St. Charles MO 63303. Contact Jim Eyman at 314-808-5551.</td>
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<tr>
<td>Consumer</td>
<td>21,30</td>
<td>20,27</td>
<td>20,27</td>
<td>8:00 pm</td>
<td><strong>Family Support Group</strong> at Trinity Lutheran Church, 14080 Clayton Road, Room 258, Chesterfield, MO 63017. Contact Jerry Spector at 636-532-0027.</td>
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<tr>
<td>3rd Monday Family</td>
<td>16</td>
<td>20</td>
<td>20</td>
<td>7:00 - 8:</td>
<td><strong>NAMI Connection Recovery Support Group</strong> at Grace United Church of Christ, 8326 Mexico Road, St. Peter’s, MO 63376. Contact NAMI St. Louis at 314-962-4670.</td>
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<tr>
<td>3rd Tuesday Consumer</td>
<td>17</td>
<td>21</td>
<td>21</td>
<td>7:00 - 8:</td>
<td><strong>Consumer Support Group</strong> at Pascal Hall, Ground Floor, Gateway Regional Medical Center, Granite City, IL 62040. Contact NAMI SW Illinois at 618-798-7988.</td>
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<td>1st Tuesday Family</td>
<td>3</td>
<td>7</td>
<td>7</td>
<td>7:00 - 8:</td>
<td><strong>Family Support Group</strong> at Grace UCC, 8326 Mexico Road, St. Peter’s, MO 63376. Contact Liz Birchen at 636-240-2244.</td>
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<td>3rd Tuesday Family</td>
<td>17</td>
<td>21</td>
<td>21</td>
<td>7:00 - 8:</td>
<td><strong>4th Tuesday Family</strong> at Eliot Chapel, 100 S. Taylor, Kirkwood, MO 63122. Contact NAMI St. Louis at 314-962-4670.</td>
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<td>4th Tuesday Family</td>
<td>24</td>
<td>28</td>
<td>28</td>
<td>7:00 - 8:</td>
<td><strong>4th Wednesday Family</strong> at Christ Church, 2200 Bellevue Ave (at corner of Bruno and Bellevue), Maplewood, MO 63143. Contact NAMI St. Louis at 314-962-4670.</td>
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<td>1st Thursday Family</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>7:00 - 8:</td>
<td><strong>1st Thursday Family</strong> at NAMI satellite office in St. Charles, 200 South Kingshighway, Suite 101, St. Charles, MO 63301. Contact Bonnie at 636-974-4694.</td>
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<td>2</td>
<td>2</td>
<td>7:00 - 8:</td>
<td><strong>1st Thursday Family</strong> at NAMI satellite office in St. Charles, 200 South Kingshighway, Suite 101, St. Charles, MO 63301. Contact Bonnie at 636-974-4694.</td>
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<td>1st Thursday Family</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>7:00 - 8:</td>
<td><strong>2nd &amp; 4th Thursday Family</strong> at Kirkwood United Methodist Church, 201 West Adams, St. Louis, MO 63122. Contact NAMI St. Louis at 314-962-4670.</td>
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<td>3rd Thursday Family</td>
<td>19</td>
<td>16</td>
<td>16</td>
<td>6:30 - 8:</td>
<td><strong>3rd Thursday Family</strong> at Trinity Presbyterian Church, 727 Melinda Dr., Union, MO 63084 (Hwy. 47 between Washington &amp; Union). Contact NAMI St. Louis at 314-962-4670.</td>
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<td>NAMI Basics</td>
<td>19</td>
<td>16</td>
<td>16</td>
<td>6:30 - 8:</td>
<td><strong>NAMI Basics Support Group</strong> is for parents and adult family members of children or teens with mental health concerns who reside in St. Charles County (MUST REGISTER IN ADVANCE). Childcare and pizza provided with registration. 200 S. Kingshighway, Ste. 101, St. Charles, MO 63301. Contact NAMI St. Louis at 636-940-7440.</td>
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