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.

Christ United Church of Christ
Fellowship Hall
2200 Bellevue Ave.
Maplewood, MO 63143
Class starts Wednesday, March 1, 2017
Class ends Wednesday, May 17, 2017
6:30 pm - 9:00 pm
Location TBD*

New Creation Presbyterian Church
1459 Wentzville Parkway
Wentzville, MO 63385
Class starts Thursday, February 16, 2017
Class ends Thursday, May 4, 2017
6:30 pm - 9:00 pm

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

St. Paul Lutheran
12345 Manchester Rd
Des Peres, Mo 63131
Class starts Saturday, March 4, 2017
Class ends Saturday, May 20, 2017
9:00 am - 11:30 am

Mercy Hospital
Behavioral Health Building Cafeteria
12125 Conway, Creve Coeur, MO 63141
Class starts Thursday, January 5, 2017
Class ends Thursday, March 23, 2017
6:30 pm - 9:00 pm

Webster Groves Baptist Church
308 Summit Ave
St. Louis, MO 63119
Class starts, TBD, 2017
Class ends, TBD, 2017
6:30 pm - 9:00 pm

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. 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.
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.

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.

Provider Workshop
A six-hour, one-day workshop presented to health-care professionals by trained family members, consumers, and family member providers or consumer providers. There is a charge for this workshop and more information is available upon request.

NAMI St. Louis signature programs

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, and their families and friends. Sponsored by CenterPointe Hospital, held every Wednesday of each month at 7:00pm 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.

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 domino3+1@hotmail.com.

Support Groups

NAMI Connection Recovery Support Groups
Free on-going support groups are facilitated by trained consumers for consumers with any mental illness.

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 7:00pm 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.
<table>
<thead>
<tr>
<th>GROUP</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd Tuesday Consumer</td>
<td>18</td>
<td>15</td>
<td>20</td>
<td>7:00 - 8:30 pm</td>
<td>NAMI Connection Recovery Support Group 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>1st Tuesday Consumer</td>
<td>4</td>
<td>1</td>
<td>6</td>
<td>7:00 - 8:30 pm</td>
<td>Consumer Support Group at Pascal Hall, Ground Floor, Gateway Regional Medical Center, Granite City, IL 62040. Contact NAMI SW Illinois at 618-798-9788.</td>
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<tr>
<td>3rd Monday Family</td>
<td>17</td>
<td>21</td>
<td>19</td>
<td>7:00 - 8:30 pm</td>
<td>Family Support Group 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>2nd Tuesday Family</td>
<td>11</td>
<td>8</td>
<td>13</td>
<td>7:00 - 8:30 pm</td>
<td>Family Support Group at Webster Hills United Methodist Church, Christian Life Center, Library Room, 698 W.Lockwood, Webster Groves 63119. Contact Judy Larson, 314-922-4693.</td>
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<tr>
<td>3rd Tuesday Family</td>
<td>18</td>
<td>15</td>
<td>20</td>
<td>7:00 - 8:30 pm</td>
<td>Family Support Group at Grace UCC, 8326 Mexico Road, St. Peter’s, MO 63376. Contact Liz Birchen at 636-240-2244.</td>
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<tr>
<td>4th Tuesday Family</td>
<td>25</td>
<td>22</td>
<td>27</td>
<td>7:00 - 8:30 pm</td>
<td>“With Hope In Mind” Family Support Group Christian Hospital Northeast, 11133 Dunn Rd., Room 2100, St. Louis, MO 63136. Contact Linda Hossin at 314-302-2740.</td>
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<tr>
<td>4th Wednesday Family</td>
<td>26</td>
<td>23</td>
<td>28</td>
<td>7:00 - 8:30 pm</td>
<td>Family Support Group at Eliot Chapel, 100 S. Taylor, Kirkwood, MO 63122. Contact NAMI St. Louis at 314-962-4670.</td>
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<tr>
<td>1st Thursday Family</td>
<td>6</td>
<td>3</td>
<td>1</td>
<td>7:00 - 8:30 pm</td>
<td>Family Support Group at St. John’s Lutheran Church, Arnold, 3517 Jeffco Blvd., Arnold, MO 63010, Room 106 (Enter on St. John’s Church Road side.) Contact Russ &amp; JoAnn Hartley 314-293-1512.</td>
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<tr>
<td>1st Thursday Family</td>
<td>6</td>
<td>3</td>
<td>1</td>
<td>7:00 - 8:30 pm</td>
<td>Family Support Group at NAMI satellite office in St. Charles, 200 South Kingshighway, Suite 101, St. Charles, MO 63301. Contact Bonnie at 314-974-4691.</td>
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<tr>
<td>1st Thursday Family</td>
<td>6</td>
<td>3</td>
<td>1</td>
<td>7:00 - 8:30 pm</td>
<td>Family Support Group 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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<tr>
<td>2nd &amp; 4th Thursday Family</td>
<td>13</td>
<td>10</td>
<td>8</td>
<td>7:00 - 8:30 pm</td>
<td>Family Support Group 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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<tr>
<td>3rd Thursday Family</td>
<td>20</td>
<td>17</td>
<td>15</td>
<td>6:30 - 8:00 pm</td>
<td>Family Support Group 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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<tr>
<td>3rd Thursday NAMI Basics</td>
<td>20</td>
<td>17</td>
<td>15</td>
<td>6:30 - 8:00 pm</td>
<td>NAMI Basics Support Group 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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