



# Greater Houston

**Spring 2024  
Classes to  
support you!**

*Do you live with a mental health condition?  
Or **do you care for someone** with the symptoms of  
a mental health condition?*

**Major Depression, Bipolar Disorder (Manic Depression) Schizophrenia or Schizoaffective Disorder, Borderline, Panic Disorder or Obsessive-Compulsive Disorder, DID Post-Traumatic Stress Disorder, Traumatic Brain Injury Co-occurring Brain Disorders or Addictive Disorders**

*Our classes have launched, but it is not too late to join. Please register today!*

**For Family Members, we offer:**

**Family-to-Family** an 8-week class to help you support individuals with mental health concerns while maintaining your own well-being. The course is taught by trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these conditions. There is no cost to participate in Family to Family. We think you will be pleased by how much assistance the program offers.

**For Parents/Caregivers of children/adolescents:**

We offer **NAMI Basics** a 6-week class to parents understand what the condition presents for the family, how to manage extended family relationships, best practices in caring for the child, communication with the medical community and school. It also includes information related to treatment, self-care, and advocacy. Each session is 2 ½ hours.

The **NAMI Peer-to-Peer Education Course** is for **individuals living with a mental health condition** (18 years and older) who is interested in establishing and maintaining their wellness and recovery. Each class is two hours in length and continues for 8 consecutive weeks.

NAMI Courses use a combination of lecture, interactive exercise and structured group processes, and the diversity of experience among the course participants affords for a lively dynamic that moves the courses along.

| Class Name  | Time                            | Area              | Start Date |
|---|---------------------------------|-------------------|------------|
| Peer to Peer  | Tuesdays<br>6:00 pm – 8:00 pm   | Virtual- ZOOM     | March 12   |
| Peer to Peer<br><small>**only Harris Center clients</small> | Thursdays<br>1:00 – 3:00 pm     | Southwest Houston | March 14   |
| Peer to Peer  | Thursdays<br>6:30 pm - 9:00 pm  | Galleria          | March 14   |
| Family to Family  | Mondays<br>6:30 pm – 9:00 pm    | Baytown           | March 18   |
| Bases y Fundamentos   | Fridays<br>6:30 pm - 8:30 pm    | Virtual- ZOOM     | March 22   |
| NAMI Basics   | Thursdays<br>6:30 PM – 8:30 PM  | Med Center        | March 28   |
| Peer to Peer  | Mondays<br>5:00 pm – 7:00 pm    | Med Center        | March 25   |
| Family to Family  | Fridays<br>6:00 pm – 8:30 pm    | Clear Lake        | March 29   |
| Family to Family  | Mondays<br>6:00 pm - 8:30 pm    | The Woodlands     | April 1    |
| Family to Family  | Thursdays<br>6:00 pm - 8:30 pm  | Katy              | April 4    |
| Family to Family (VIRTUAL)                                  | Wednesdays<br>6:00 pm - 8:30 pm | Virtual- ZOOM     | April 24   |

**REGISTER TODAY!**

Phone: 713-970-4435

Email: [register@namigreaterhouston.org](mailto:register@namigreaterhouston.org)

Visit our website: [www.namigreaterhouston.org](http://www.namigreaterhouston.org)

*Must be eligible to attend. Registration required.*