



National Alliance on Mental Illness

Education

Support Groups

Advocacy

*For individuals with a
mental illness, their
family members,
friends, and the public
at large*

**ALL NAMI PROGRAMS
ARE FREE**

Snohomish County

For individuals with a mental illness:

NAMI Connections Support Group

This is a structured support group for people who have a mental illness. It meets monthly, the 2nd and 4th **Thursday of the month 7pm to 8:30 pm in Lynnwood**, Verdant Health Commission, 4710 196th St. S.W.

NAMI Peer to Peer Program

This is a ten-week course for people living with a mental illness. The program teaches people more about their mental illness and how to care for themselves.

Support group open to caregivers and those living with mental illness:

Family and Friends Mental Health and Spiritual Support Group

This is an interfaith group for individuals who wish to share their life experiences, spirituality, and coping skills in living with mental illness. The group meets on the **1st and 3rd Tuesday of each month from 7:00pm - 8:30pm in Edmonds**, North Sound Church, 404 Bell Street.

Close by NAMI affiliates to check for support groups and classes - NAMI Eastside, NAMI Skagit and NAMI Greater Seattle.

Depression/Bipolar Support Alliance (DBSA) holds regular support groups in Everett. Posted on NAMI website calendar.

REGULARLY SCHEDULED EVENTS

NAMI classes are developed by mental health professionals. Teachers, facilitators, mentors and presenters are **trained volunteers from the community.**

All NAMI activities are FREE

CLASSES take place in the fall and spring. The office maintains a waitlist during the year.

SUPPORT GROUPS are drop in.

For parents of youth who may have a mental illness:

NAMI Basics Program

This is a six-week course for parents or primary caregivers of children and teens who may have mental illnesses.

NAMI Basics Support Group

A monthly support group for parents and caregivers of children and teens who may have mental illnesses. Share our joys, frustrations, and gain strength from those "walking the walk" with us. **Meets monthly on the first (1st) Tuesday from 7:00 to 9:00 p.m. in Everett**, First Presbyterian Chapel, 2936 Rockefeller Ave.

Contact the NAMI Snohomish office for information about all programs
nami.snohomish.county@gmail.com
www.namishnohomishcounty.org
425-339-3620

Updated 6/30/2017

For individuals who love and support individuals with mental illness:

NAMI Family-to-Family Program

This is a 12-week course for family and friends of people with a mental illness. The classes cover clinical treatment of brain diseases, as well as skills and coping mechanisms to help families. **This program takes place in the spring and fall.**

NAMI Family Support Group

Support groups for family and friends of individuals with mental illness. Support and hope is available through a collective group exchange.

- **Meets monthly on the second (2nd) Monday from 7:00 to 8:30 p.m. in Marysville**, Mountain View Presbyterian Church, 5115 100th St. NE.

- **Meets monthly on the fourth (4th) Monday from 7:00 to 8:30 p.m. in Everett**, Snohomish County PUD, 2320 California St.

NAMI Homefront – A six-session program for families, caregivers, and friends of active military personnel and veterans with mental health conditions.

Donations and volunteer help with outreach, advocacy, fund raising and administration is always needed and appreciated.

BECOME A MEMBER at

www.namishomishcounty.org.

Annual membership dues \$40. Open Door membership dues (\$5) are available for low income individuals.

Join others in the national movement to improve lives.



Snohomish County walkers at the Annual Spring NAMI Walk

The walk is one of our many advocacy efforts to:

- Reduce Stigma
- Spread Awareness
- Increase Knowledge
- Build Support for Better Services

To connect with
Emergency Resources
CRISIS Line

(24 - hour crisis intervention & referral)
(425) 258-4357 or 1-(800) 584-3578

Presentations that can be scheduled

In Our Own Voice (IOOV) Program
PEERS telling their personal stories of living with mental illness and achieving recovery.

Parents and Teachers as Allies– A presentation for school personnel and teachers led by a team of three.

Ending the Silence - A presentation for middle and high school students, presented by team of two.

NAMI Behavioral Health presentations at Verdant Health

Check NAMI or verdanthealth.org websites for information.

2017 Topics

Setting Boundaries; Supported Employment;
Crisis Intervention for Providers;
LGBTQIA - finding yourself in a binary world;
Film night, Changes in Mental Health,
Substance Abuse and Mental Illness

Annual Events

Jan or Feb – NAMI day at the Legislature
June – NAMI Washington Walk
June – Natl Convention, DC
August 25 – Picnic Event/Aquasox game
Sept. 15 - 17 – State Conference, Olympia
December – Holiday event

National Alliance on Mental Illness –
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Are you the parent/caregiver of a child/adolescent who may be living with Mental Health Issues?



Register **NOW** for **BASICS**, Snohomish County's premiere **FREE 6-WEEK COURSE** for parents/caregivers of children/adolescents/young adults to age 22 who have behavioral, emotional disturbance/mental health issues, including ADHD. It is funded by the **NATIONAL ALLIANCE ON MENTAL ILLNESS** of Snohomish County. The teachers are volunteer parents who have "walked the walk" and are nationally certified. Now over 300 graduates have described the course as "**life-changing**", "**empowering**", "**forever changes my advocacy for my youth**", and "**has given me understanding, SO many resources, but most of all HOPE!**"

You Will Learn:

- **YOU ARE NOT ALONE!**
- It's not your fault, but a biological brain disorder.
- How to get an accurate diagnosis, how to survive it, and how to get treatment that WORKS!
- Listening and Communication skills to help you become your youth's best advocate as well as CEO for YOUR YOUTH, YOURSELF, and YOUR FAMILY!
- How to keep important records for SCHOOL, MEDICAL CARE, EMERGENCY SITUATIONS and SSI. You will be given a notebook of forms to help facilitate this.
- How to handle crises, relapses, and encounters with the juvenile justice system.
- Community and schools' roles in treating youth/adolescents with mental health issues.



Come For:
EMOTIONAL SUPPORT, SELF-CARE
and the opportunity to learn
UNDERSTANDING and ACCEPTANCE
of your life challenges!

In appreciation of First Presbyterian Church, Everett, WA

Dates: Class 1: Feb. 5 - March 12, 2018

Class 2: Sept. 17 - Oct. 22, 2018

Time: 6:30pm - 9:30pm (for 6 consecutive Mondays)

Place: First Presbyterian Church
2936 Rockefeller Avenue
Everett, WA 98201

REGISTRATION REQUIRED. Please contact Carolyn Hetherwick Goza at **425-347-5365** or **namicontact@gmail.com**

Class limited to 20 people. Spaces are already filling. BASICS is only offered at specific times of the year so please CALL NOW to have a place in a session!

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