

The logo for NAMI California Programs is a blue square with a white border, containing the text "NAMI CALIFORNIA PROGRAMS" in white, bold, sans-serif capital letters. The square is set against a light green background that has a white speech bubble shape pointing downwards from the bottom center.

NAMI CALIFORNIA PROGRAMS

Through partnerships, NAMI California and its Affiliates offer a variety of trainings and programs that provide education, stigma reduction and support.

BASICS is a free, six week education program developed specifically for caregivers of children and adolescents who have either been diagnosed with serious mental illness/serious emotional disturbance or are experiencing symptoms but have not yet been diagnosed.

CONNECTION is a free, weekly 90 minute recovery support group for people living with mental illness where people learn from each other's experiences, share coping strategies, and offer mutual encouragement and understanding.

DIRECTING CHANGE is a statewide video contest funded by CalMHSA for student filmmakers to submit videos on the topics of suicide prevention and ending the silence on mental illness.

ENDING THE SILENCE is a free, 50 minute presentation designed to give students an opportunity to learn about mental illness through discussion and short videos.

FAMILY SUPPORT GROUP is a free, monthly meeting of family and loved ones of individuals with mental illness where family members can talk frankly about their challenges and help one another through their wisdom gained by experience and self-education.

FAMILY TO FAMILY is a free, 12-week course for families, partners and friends of individuals with serious mental illness taught by trained NAMI family members and caregivers of individuals living with mental illness. Also offered in Spanish.

IN OUR OWN VOICE is a unique public education program in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery.

NAMI CALIFORNIA MENTAL HEALTH 101 is an educational program that provides individuals with the basics of mental health, a consumer and/or co-supporter speaker, and a cultural video vignette.

NAMI ON CAMPUS COLLEGE is a peer led club for college campuses with the goal of reducing stigma and discrimination for college students and promoting mental health awareness activities on campus.

NAMI ON CAMPUS HIGH SCHOOL is a student mental health awareness club for high school students.

NAMI SMARTS FOR ADVOCACY is a training to enhance advocacy skills and help shape a powerful and personal story that will move policy makers.

PARENTS AND TEACHERS AS ALLIES is a free, one to two hour in-service program that focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents.

PEER TO PEER is a free, 10-week, peer-led recovery education course open to any person with serious mental illness who is interested in establishing and maintaining their wellness and recovery. Also offered in Spanish.

PROVIDER EDUCATION is a free five session course for mental health workers and professionals to learn what it is like to live with mental illness from the individual and family perspective.



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