

# UPCOMING EVENTS FOR SPRING 2015



Monthly meetings are for those concerned about mental health issues.

Second Tuesday of each Month • 7:00 pm to 8:00 pm

For information on any NAMI programs, please contact Joy at (205)821-4567 or joyjodoering@gmail.com or visit our website [www.namibirmingham.org](http://www.namibirmingham.org).



NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

5:00-6:00 @ Tuesdays

Facilitators: Will Ruff, Helena Doering

Contacts: Helena Doering (205) 215-5770 or helenadoering@gmail.com

**NAMI monthly meetings and NAMI Connection** meetings are held at:

UAB Center for Psychiatric Medicine

2nd Floor Auditorium

1713 6th Avenue South, Birmingham, AL 35233

\$3 parking available in front of the building



MIC, Mental Illness Caregiver support group meet to share our experience, strength and hope. Mental illness in a loved one is much too hard to face alone. Two support groups available: O'Henry's at Brookwood Mall—call Donna at (205) 870-8124 ; Our Lady of the Valley Catholic Church — contact Janice Naccari at jannaccari@gmail.com for more information.



The NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses. **Program beginning Tuesday, January 2, 8671.**

Contact Joy at (205)821-4567 or joyjodoering@gmail.com.



NAMI In Our Own Voice (IOOV) unmask mental illness, using speaker stories to illustrate the individual realities of living with mental illness. You gain a better understanding of what it is like to live with mental illness and stay in recovery. NAMI In Our Own Voice can change attitudes, preconceived notions and stereotypes regarding mental illness. Contact Helena Doering (205) 215-5770 or helenadoering@gmail.com



An educational and advocacy program that will assist NAMI Affiliates and congregations to partner with Christian leaders in gaining a greater understanding of mental illness. This program is an excellent complement to other NAMI signature programs such as Family to Family as it introduces basic educational data to pastors and members of their congregation about mental health issues. *En Español.* Contact Ana Maria Sawyer (251) 533-2770 or (800) 626-4199 or email [anamariamirez-sawyer@gmail.com](mailto:anamariamirez-sawyer@gmail.com)



PTA presentations that are scheduled:

TBA • Contact Joy at (205) 821-4567 or joyjodoering@gmail.com