

## SUPPORT GROUPS



**NAMI Connection Recovery Support Group Meetings** are a free, weekly 90-minute recovery support group for people living with mental illness where people learn from one another's experiences, share coping strategies and offer mutual encouragement and understanding. The groups discuss the challenges of living with mental illness and techniques for maintaining wellness. Facilitators are trained NAMI peers living in recovery.



**NAMI Family Support Group Meetings** are a free, monthly 90-minute support group of family and friends of individuals with a mental illness where they can talk frankly about their challenges and help one another through their learned wisdom and coping strategies. Participants are encouraged to share actively in the work of the group. All meetings are facilitated by trained NAMI family members.

**For a list of Support Group Meetings, visit our website at [www.namivt.org](http://www.namivt.org)**

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**NAMI Family-to-Family** is a free, 12-week course for families, partners and friends of individuals living with mental illness and is taught by trained NAMI family members and friends. The course dwells on the emotional responses families have to the trauma of mental illness. Many family members describe their experience in the program as life-changing. Classes are available in the spring and fall throughout the state.

## EDUCATION



**NAMI Provider Education Program** offers 15 hours of training to professionals and providers who work directly with people experiencing mental illness. The course helps professionals realize the hardships that families and individuals experience and appreciate the courage and persistence it takes to live with and recover from mental illness. Teachers are a trained five-member team of family members, individuals living with mental illness, and a mental health professional.

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**NAMI Vermont's Mental Illness and Recovery** workshop offers family, friends, peers, and community members a one-day workshop that covers information on bipolar disorder, major depression, schizophrenia/schizoaffective disorder, obsessive compulsive disorder, panic disorder, PTSD, and borderline personality disorder. The workshop will also cover the components of recovery, evidence based practices available in Vermont and resources and services within our state.

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## PRESENTATIONS



**NAMI In Our Own Voice** is a 60-90 minute public education presentation that raises the awareness of mental illness and recovery. It includes a short video, personal testimony and a Q&A that allows for honest and open dialogue. Presenters engage audiences with their brave and gripping personal journeys. They touch on the various phases of recovery including Dark Days, Acceptance, Treatment, Coping Skills, and Successes, Hopes, and Dreams.



**NAMI FaithNet** is an information resource and network for NAMI members, clergy and people of faith from all faith traditions. The goal of NAMI FaithNet is to encourage the development of welcoming and spiritually nourishing environments in every place of worship. A NAMI FaithNet Presentation includes discussion about mental illness, NAMI Vermont programs, and resources to help support the community.

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