



NAMI Peer-to-Peer

National Alliance on Mental Illness

This **FREE** recovery-focused educational program is for adults to establish and maintain wellness in response to their mental health challenges by providing critical information and strategies related to living with mental illness. **Call TODAY to reserve your spot on the WINTER 2015 LIST (509)453-8229**

NAMI Family-to-Family

National Alliance on Mental Illness

This **FREE** educational course is for family, caregivers, and friends of individuals living with mental illness to gain practical, up-to-date information; discover problem solving techniques, coping skills, and communication strategies; learn how to advocate; and to find community support. **Call TODAY to reserve your spot on the WINTER 2015 LIST (509)453-8229**



This **FREE** educational program is for parents and caregivers of children and adolescents living with mental illnesses. It covers the fundamentals of caring for yourself, for your family, and for your child. These families are also taught how to keep records necessary for communicating with doctors, specialists, schools, and the juvenile justice system to become the best advocate for their child and their family. **Call TODAY to reserve your spot on the WINTER 2015 LIST (509)453-8229**

NAMI Homefront

National Alliance on Mental Illness

NAMI Homefront is an educational program specifically for loved ones of military Service Members and Veterans who experience symptoms of a mental health condition. Adapted from the evidence-based NAMI Family to Family program. **Call TODAY to reserve your spot on the WINTER 2015 LIST (509)453-8229**

NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI Connection

National Alliance on Mental Illness RECOVERY SUPPORT GROUP

***Every Wednesday, 10:00-11:30 am**
Comprehensive, C104
402 South 4th Avenue, **Yakima**
***Every Wednesday, 7:00-8:30pm**
Comprehensive, ENTR#2
402 South 4th Avenue, **Yakima**
***Every Wednesday, 7:00-8:30pm**
Grandview Herald Building
107 Division Street, **Grandview**
Peer to Peer support group for those affected with mental illness.

NAMI Family Support Group

National Alliance on Mental Illness

***Every Monday, 7:00-8:30 pm**
Moxee City Hall, Community Rm
255 West Seattle Avenue, **Moxee**
***Every Wednesday, 7:00-8:30pm**
Comprehensive, ENTR#2,
402 South 4th Ave, **Yakima**
***Every Wednesday, 7:00-8:00pm**
Grandview Herald Building
107 Division Street, **Grandview**
Support for friends and family of people living with mental illness.

NAMI Suicide Support Group

***First Mondays, 5:00-6:30pm**
***First Wednesdays, 12:00-1:30pm**
***Third Wednesdays, 12:00-1:30pm**
Wellness House
210 South 11th Ave, Suite 40, **Yakima**
Support for friends, family, and survivors of suicide.

NAMI-Yakima, 402 South 4th Avenue, Yakima (509) 453-8229
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