

Free Mental Health Support Programs

NAMI programs are led by people with lived experience for individuals and families affected by mental health challenges.

SUPPORT GROUPS

90-minute group sessions, offered online and in-person, and in English and Spanish



WEBSITE LINK

CLASSES

A variety of weekly sessions, with focus classes for parents/caregivers, family members, and people with mental health condition.

PRESENTATIONS

Stories of lived experience that can be shared with faith groups, schools, law enforcements, and more!

Phone: 570-534-4145
Email: info@namicmp.org

Pike County Family Support Group

DAY & TIME

2nd & 4th Thursdays
6:00—7:30 p.m.

LOCATION

Grandma Goldsack's Bakery
in Lords Valley
1007 Hemlock Farms Rd
Hawley, PA 18428



OUR SUPPORT GROUPS ARE

- Free & confidential
- For family member and loved ones of people with mental health conditions
- Led by facilitators with lived experience

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NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions, led by facilitators with lived experience.

WHAT WE WILL COVER

- Current information on mental health conditions & treatment
- Local supports and services
- Problem solving and communication skills
- The impact on the entire family
- Self-care and managing your stress
- Supporting your loved one with compassion
- How to handle a crisis

WEDNESDAYS

From Sept. 16 to Nov. 11 (skipping Sept. 23)
at 6 p.m. to 9 p.m.

Virtual through Google Meet



Carbon-Monroe-Pike PA

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Website: namicmp.org



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NAMI Basics is a free, 6-session education program for parents and caregivers of youth experiencing mental health challenges, led by facilitators with lived experience.



WHAT WE WILL COVER

- Impact on the entire family
- Navigating public mental health care, school and juvenile justice systems
- Treatment options
- Preparing and responding to crisis situations
- Advocating for your child
- Self-care
- Problem solving and communication skills

MONDAYS

Oct. 5 to Nov 6. from 6 p.m. to 8:30 p.m.
Virtual through Google Meet

 **NAMI** Carbon-Monroe-Pike PA
National Alliance on Mental Illness

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NAMI Peer-to-Peer is a free, 8-session education program for adults experiencing mental health challenges, led by facilitators with lived experience.

WHAT WE WILL COVER

- Current information on mental health conditions & treatment options
- Local supports and services
- Communication skills
- Goal setting and problem solving
- Advocating for yourself and partnering with health care providers
- Share your story
- Relaxation techniques

WEDNESDAYS

Oct. 14 to Dec. 9 (skipping Nov. 25)

From 6 p.m. to 8:30 p.m.

Virtual through Google Meet

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