

ALL NAMI PROGRAMS FOLLOW THE PEER MODEL.

FIND SUPPORT WITH OTHERS WHO HAVE BEEN IN YOUR SHOES WITH PROGRAMS FACILITATED AND INSTRUCTED BY PEERS.

FOR THOSE LIVING WITH MENTAL HEALTH CONDITIONS

GROUPS

Be Herd Wellness Group

4th Wednesdays, 4:30-6 p.m.
Norris Penrose Event Center

Connection Support Group

In-person, Thursdays, 7-8:30 p.m.
First United Methodist Church

Q Connect

In-person, Tuesdays, 7-8:30 p.m.
Contact NAMI for exact location

CLASSES*

- **Peer-to-Peer**

*Classes scheduled seasonally

FOR THOSE WITH A LOVED ONE LIVING WITH A MENTAL HEALTH CONDITION

GROUPS

Basics Support Group

Virtual, 2nd Mondays, 7-8:30 p.m.
via Zoom

Family Support Group

In-person, Thursdays, 7-8:30 p.m.
First United Methodist Church
Virtual, 1st Wednesdays, 7-8:30 p.m., via Zoom

Grupo De Apoyo para Familiares

Presenciales, Este grupo estará en pausa hasta principios de 2024.

CLASSES*

- **Basics**
- **Family-to-Family**
- **Homefront**

FOR MORE INFORMATION, PLEASE CONTACT

719.473.8477 • info@namicos.org • namicoloradosprings.org



SCAN ME