

JOIN US!

Support Groups



For those concerned about mental health

- **Connect with others**
- **Share stories and information**
- **Get support and encouragement**
- **Learn and grow**

Every 1st and 3rd Wednesday of the month:

- At  939 Kearney St., Port Townsend
- ...and online via ZOOM (see back for link info)
- 7:00 p.m. to 8:30 p.m.
- Refreshments available

Presented by



NAMI is the nation's largest grassroots organization devoted to improving mental health conditions for all.

What People Are Saying:

"The most beneficial thing for me was that I am not alone. I found the NAMI Support Group at the time I really needed it!"

"The support group facilitators and attendees were respectful of other people's experiences and were non-judgmental when there were different ways of handling things."

"I felt I received constructive, practical and helpful information from group members."

"As a group, the collective wisdom covered a lot of possibilities."

(More information on the back of this card.)

NAMI Family Support Group

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones of people with mental health conditions
- Led by family members of people with mental health conditions
- 90 minutes long and meets twice monthly at



- No specific medical therapy or treatment is endorsed
- Confidential

NAMI Connection

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

NAMI's support groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

- Free of cost to participants
- Designed for adults (18+) with mental health conditions
- Led by trained facilitators with mental health conditions
- 90 minutes long and meets twice monthly at



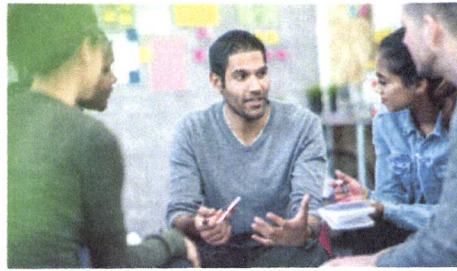
- No specific medical therapy or treatment is endorsed
- Confidential

Presented by...



namijeffco@yahoo.com 360-385-1716

For links and information see us at: namijeffcowa.org



Mental Health Basics & Communication Skills

...a workshop designed for people who encounter situations where mental illness may be a factor.

- Teaches the basics about the major mental illnesses
- Teaches communication & de-escalation skills when there may be a crisis or confrontation
- Teaches communication skills if suicide is a factor
- Teaches simple steps for a Safety Plan

In-person at...

Recovery Café

939 Kearney St., Port Townsend

Friday, May 19

2:00 to 3:30 p.m.

...presented by



namijeffco@yahoo.com for more info.

No registration required.

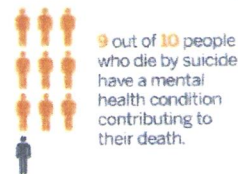
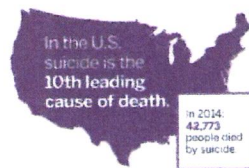
SUICIDE PREVENTION/INTERVENTION WORKSHOP



*...a workshop that covers the general scope of suicide,
and the skills to intervene and prevent suicide.*

Attendees will learn:

- Prevalence and Statistics of suicide
- Risks and Warning Signs of suicide
- How to communicate when suicide is an issue
- How to make a Suicide Prevention Plan



Mental health treatment prevents suicide.

In-person at...

Recovery Café

939 Kearney St., Port Townsend

Friday, June 16, 2023

2:00 to 3:30 p.m.

...presented by



NAMI

National Alliance on Mental Illness

**Jefferson
County**

namijeffco@yahoo.com for more info.

No registration required.