

**From:** NAMI\_Denton\_County\_News <NAMI\_Denton\_County\_News@namidenton.org>

**To:** NAMI\_Denton\_County\_News <NAMI\_Denton\_County\_News@namidenton.org>

**Subject:** NAMI Classes in Your Area

**Date:** Sun, Aug 27, 2017 10:22 pm



**NAMI Family-to-Family and Peer-to-Peer classes are open for registration now.** These are free and confidential classes taught by teams of trained family members (Family-to-Family) or peer mentors (Peer-to-Peer). Pre-registration is required in order to attend the classes. All who register must be at least 18 years old.

**NAMI Family-to-Family class will begin Thursday, September 7:** This class is a 12-session educational program for family members, significant others and friends of persons living with mental illness. Research has shown that Family-to-Family significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. Topics will include how to manage crisis situations, communicate more effectively, find local resources, take care of yourself and support your family member on their recovery journey.

**Family-to-Family Class Location and Time: Grace Avenue United Methodist Church, 3521 Main Street in Frisco, Thursdays 6:00-8:30 p.m.** Last date to register is September 21. To register, complete the class [application form](#) on our website or call 469-248-8789 and leave a message with your name and phone number or send an email to [generalinfo@namidenton.org](mailto:generalinfo@namidenton.org). In your email include your name, phone number, relationship to the person you care about who has a mental health condition, that person's age and diagnosis. More than one family member or significant other may attend for each person as long as each is at least 18 years old. Find more details about Family-to-Family on [nami.org](http://nami.org).

**NAMI Peer-to-Peer Class will begin Saturday, September 9:** NAMI Peer-to-Peer is a free, 10-session educational program for adults at least 18 years old with mental health conditions who are looking to better understand their conditions and journey toward recovery. The program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach. This in-person group experience provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences.

Peer-to-Peer is for someone who is ready to learn more about mental health conditions and to work on their personal recovery plans. Participants must be comfortable with self-disclosing their own mental health conditions and participating in group discussions. This is not a course for someone to attend just because someone else wants them to attend.

**Peer-to-Peer Class Location and Time:** Saturdays, 2:00-4:00 p.m., in the training classroom at Carrollton Springs Hospital, 2225 Parker Road in Carrollton. The last date to register for the class is September 23. To register for this class: call **469-248-8789** and leave a message with your name and phone number or send an email to [generalinfo@namidenton.org](mailto:generalinfo@namidenton.org). In your email, include your first and last names, your phone number and a good time to call you back. Find more information about Peer-to-Peer at [nami.org](http://nami.org).

**Waiting lists are now open for two more NAMI classes, NAMI Basics and NAMI Family and Friends, which will be coming soon to Denton County.** NAMI Basics is a 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. More details about NAMI Basics is available at [nami.org](http://nami.org).

NAMI Family and Friends is a 4-hour seminar that will include some but not all of the information covered in the Family-to-Family and Basics courses. These last two classes are not currently scheduled but you can call 469-248-8789 and leave a

message with your name and phone number if you would like to be added to the waiting list for either NAMI Basics or NAMI Family and Friends. If you are a mental health professional and would like more information about NAMI classes, please call us at 469-248-8789 or email [generalinfo@namidenton.org](mailto:generalinfo@namidenton.org).

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[The Race for Hope is coming September 9!](#) The Fifth Annual Denton County LOSS Team Race for Hope is in honor of suicide prevention month. The event will include a 5K Race, 1 Mile Walk and several vendors providing information and resources.

There will be medals for 1st, 2nd, and 3rd place for men, women's and children's (under 18) divisions. An awards ceremony will immediately follow the race.

The proceeds of the race will benefit the Denton County Local Outreach to Suicide Survivors (LOSS Team). The LOSS Team is made up of trained volunteers that include survivors and mental health professionals who will go to the scene of a suicide with an understanding of local resources available to the newly bereaved as well as providing an installation of hope.

The Race will begin at 7 a.m. at South Lakes Park at 556 Hobson Lane in Denton. More information about awards and registration is available at [dentonmhm.org](http://dentonmhm.org). NAMI Denton County encourages participating in this event to support the LOSS Team. Online registration ends September 8.

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\* \* \* NAMI Denton County, P.O. Box 294131, Lewisville, TX 75209 \* \* \* (469) 248-8789 \* \* \*

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visit our website at <http://namidenton.org>

NAMI Denton County is also on social media:

<http://www.facebook.com/namidentoncounty>

<http://twitter.com/namidenton>

<http://www.meetup.com/NAMI-Denton-County-Connection-Recovery-Support-Group>

<http://www.meetup.com/NAMI-Denton-County-Family-Support-Group>

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For more information about NAMI meetings, classes or about NAMI Denton County, send an email to [generalinfo@namidenton.org](mailto:generalinfo@namidenton.org).

Please note: If you no longer wish to receive emailed meeting reminders and announcements from NAMI Denton County, send an email to [Nami\\_Denton\\_County\\_News@namidenton.org](mailto:Nami_Denton_County_News@namidenton.org) and put "Unsubscribe" in the email's subject line.

# August 2017



Connection Recovery Support Group Meeting Locations:  
 Lewisville — 105 Kathryn Dr., Bldg. 2, Suite 600  
 Denton— 2509 Scripture St., Medical Building 5, second floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Connection Recovery Support Group—Lewisville 1-2:30 pm
6	7	8	9	10	11	12
13	14 Family Support Group — Double Oak 7-8:30 pm	15	16	17 Connection Recovery Support Group —Denton 6:30-8 pm	18	19 Connection Recovery Support Group—Lewisville 1-2:30 pm
20	21 Family Support Group — Frisco 7-8:30 pm	22	23	24	25	26
27	28	29	30	31 Connection Recovery Support Group — Denton 6:30-8 pm Family Support Group —Denton 7-8:30 pm		

# September 2017

Family Support Group Meeting Locations: Double Oak— 8101 Justin Road, Crossroads Bible Church, Room 202 \*\*\*Frisco— 3521 Main St., Grace Avenue United Methodist Church, Room 218 \*\*\*  
 Denton— 509 N. Bell Ave., Denton Senior Center, Conference Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 <b>NO</b> Connection Recovery Support Group—Lewisville
3 <b>ENJOY LABOR DAY!</b>	4	5	6	7	8	9 Race for Hope: South Lakes Park, Denton
10	11 Family Support Group — Double Oak 7-8:30 pm	12	13	14 Connection Support Group — Denton, 6:30-8 pm	15	16 Connection Recovery Support Group—Lewisville 1-2:30 pm
17	18 Family Support Group — Frisco 7-8:30 pm	19	20	21	22	23
24	25	26	27	28 Connection Recovery Support Group — Denton 6:30-8 pm Family Support Group —Denton 7-8:30 pm	29	30

In case of bad weather, we follow the guidelines of school districts in Denton County. If the Denton, Lewisville, Frisco or other district you travel through to get to a meeting has closed for the day, our meeting that evening will be cancelled. Do not travel through flooded streets or dangerous weather to get to a meeting.