**Education**

- **NAMI Basics**
  A 6-class course for parents and caregivers of children with mental illness.

- **NAMI Family-to-Family**
  A 12-class course for family and friends of adults with mental illness.

- **NAMI Peer-to-Peer**
  A 10-class course for individuals with mental illness focusing on recovery.

- **NAMI In Our Own Voice**
  A presentation given by individuals with mental illness providing their testimonies.

- **NAMI Parents & Teachers As Allies**
  An in-service education program for school professionals, parents, and agencies working with children and adolescents.

- **NAMI Ending the Silence**
  An early intervention program that engages students in mental health education and discussion.

- **NAMI Homefront**
  A 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions.

**Support**

- **NAMI Family Support Group**
  Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.

- **NAMI Connection**
  A weekly recovery-focused group for adults living with mental illness.

  **Expressive Arts Group**
  For those with mental illness who want to explore different art forms.

  **Heart to Heart**
  A friendship program for people with mental illness.

- **NAMI FaithNet**
  Supports faith communities who want to develop a mental health ministry or simply educate their clergy, staff, and congregations about mental illness and available community resources.

**Advocacy**

Our Advocates are available to act as your second voice and to help you:

- Understand your rights whether you are an individual with mental illness or a family member.
- Obtain mental health services and information.
- Work with the public/private mental health and legal systems.

Include the following sentence on your treatment plan:

“I and/or my loved ones would like to receive education, support, and/or advocacy from NAMI Southern Arizona.”

Follow us on:

- Twitter
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* Program/Service available in Spanish

**Other Events & Services**

- **NAMI Walks**
  Our annual walk for mental illness (March/April), which is our largest awareness campaign and signature fundraising event.
  May is Mental Health Awareness Month.
  July is Minority Mental Health Awareness Month.
  Mental Illness Awareness Week*:
  Promoting events and activities throughout the first week in October.
  Lending Library*:
  Books, DVDs, videos, and publications are available for checkout.
  Presentations*:
  Provided on request for health providers, community groups, faith-based communities, businesses and others.

**www.namisa.org**
**Email-namisa@namisa.org**

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