

Free Support Groups, Classes, and Socials!

Free Education and Support Programs for Individuals Living with a Mental Health Condition, and for their Family Members and Friends!

Speaker Series & Open Meeting

2nd Monday of every month
6:00pm - 7:30pm
Food provided! All are welcome!

Business Meeting

4th Monday of every month
5:30pm - 7:00pm
Everyone is Welcome!

*Both meetings are held at the Hampton/Newport News Community Services Board
100 Medical Drive, Suite A, Hampton, VA 23666*

SUPPORT GROUPS



Free, 90-minute recovery support group for adults (18+) living with a mental health condition who need peers to talk to.

**1st and 3rd Wednesdays
6:00pm - 7:30pm**

*Meets at the Hampton/Newport News CSB
100 Medical Drive, Suite A
Hampton, VA 23666*



Free, 90-minute weekly support group for family members or friends of an individual living with a mental health condition.

**Every Wednesday
6:00pm - 7:30pm**

*Meets at the Hampton/Newport News CSB
100 Medical Drive, Suite A
Hampton, VA 23666*

EDUCATION COURSES



Find our education course schedule at:
namihampton-nn.org/calendar

Contact: Thomas G.
757-778-4253



Find our education course schedule at:
namihampton-nn.org/calendar

Contact: Evelyn Steward
757-779-9019

Interested in NAMI groups & resources? Simply scan the code to save your spot in one of our programs!



*Walk-ins welcome.
Registration preferred!*



OR CALL 757-778-4253



NAMI

National Alliance on Mental Illness

Hampton/ Newport News

Free Education and Support Programs for Individuals Living with a Mental Health Condition, and for their Family Members and Friends!

Support Groups



Free, 90-minute bi-weekly recovery support group for adults (18+) living with a mental health condition who need peers to talk to. Facilitated by trained peer facilitators.

Connections Contact: 757-778-4253



Free, 90-minute weekly support group for family members or friends of an individual living with a mental health condition. This group is facilitated by two trained facilitators who are family members of a loved one with a mental health condition. No registration required!

Education Courses



Free 8 week recovery education course for adults (ages 18+) living with a mental health condition who wish to achieve and maintain recovery and Wellness through peer support, lecture, discussion, coping and mindfulness exercises. It is facilitated by two trained mentors who are successful in delivering in recovery. Typically offered twice per year. Participants must register ahead of time.



Free, 8 week, learning and support program for family members and friends who wish to learn more about mental health conditions, resources and support for their loved one living with a mental health condition. The classes are facilitated by two trained family members. Participants must register ahead of time. Typically offered twice per year. Contact Evelyn Steward: 757-779-9019

Presentations



Free 60 minute public education program featuring personal stories of recovery and hope. Contact Gloria Fr anklin, 757-848-7877 to schedule a presentation for your community group or to find out how to be trained to share your story!

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Walk-ins welcome, but registration preferred!

