



A 6-class course for parents and caregivers of children with mental illness. <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Basics>



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

<https://www.nami.org/Support-Education/Support-Groups/NAMI-Connection>



An early intervention program that engages students, school staff and families in mental health education and discussion.

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence>



Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.

<https://www.nami.org/Support-Education/Support-Groups/NAMI-Family-Support-Group>



A 12-class course for family and friends of adults with mental illness.

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Family-to-Family>



A presentation given by individuals with mental illness providing the testimonies.

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-In-Our-Own-Voice>



A 6-class course for individuals with mental illness focusing on recovery.

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Peer-to-Peer>