

Support Groups

Family Support Group

This is a monthly support group for families faced with mental illness. The meetings are open to families with mentally ill relatives and offer support, education, information and referral services. Conditions such as major depression, bipolar disorder, schizophrenia, panic disorder and obsessive compulsive disorder are addressed. Participants come together to share information and learn from others in similar situations in a relaxed and comfortable environment.

Meetings Dates: First Tuesday of Each Month

Time: 7:00—9:00 PM

Peer Support Group

The NAMI Peer Support Group serves persons with mood disorders and other major disorders such as schizophrenia, schizoaffective disorder, anxiety disorders, depression and bipolar disorder.

Meeting Dates: Third Thursday of Each Month

Time: 7:00—9:00 PM

Family & Peer Support Groups

Meeting Location:

BVCAA-Head Start Resource Room
3141 Briarcrest, Suite 513, in Bryan

Family-To-Family Education Program

A series of 12 FREE weekly classes to help families cope with the trauma of chronic illness. You will learn how to support your loved one with mental illness and keep yourself healthy during times of crisis.

Course Goals

- To enable family members of close relatives diagnosed with major depression, bipolar disorder, schizophrenia and schizoaffective disorder, panic disorder and obsessive compulsive disorder to develop an understanding of the biological nature of the illnesses.
- To help family members develop coping skills for handling crisis and relapse.
- To help family members develop listening, communication and problem-solving skills in working with their ill family member.
- To provide tools and resources for self-care and well-being of the family.
- To educate the family members about treatment alternatives.
- To promote educated advocacy for persons with mental illnesses.

Meeting Location:

BVCAA-Head Start Resource Room
3141 Briarcrest, Suite 513, in Bryan

For registration and further details:

Call: 979-846-1100

Email: namisupport@bvcaa.org

Web: www.BVCAA.org

How to Join NAMI-Brazos Valley

NAMI-Brazos Valley
General Membership Meetings
are held on the
first Tuesday of the month
at the
BVCAA-Head Start Resource Room
3141 Briarcrest, Suite 513
Bryan, Texas 77802

Time: 7:00 PM—9:00 PM



Annual Dues: \$ 35

Due are tax deductible to the
extent allowed by law.

To become a NAMI-BV Member:
Complete and mail application in
this brochure with your check to:
NAMI-Brazos Valley
P.O. Box 10895
College Station TX 77842

or

Contact NAMI-Brazos Valley at
Day: (979) 693-2303
Night: (979) 778-8731
Email: namisupport@bvcaa.org

Membership Application—National Alliance on Mental Illness—Brazos Valley

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Family/Individual \$35.00 Consumers: Open Door Donation: \$ _____

Please return to the National Alliance on Mental Health—Brazos Valley
P.O. Box 10895 • College Station TX 77842 • Phone: Day: (979) 693-2303, Night: (979) 778-8731



Membership in NAMI-Brazos Valley is an opportunity to bring resources to our communities and for you to help improve the present system of mental health.



Affiliated with the Texas and National Alliance on Mental Illness



**National Alliance on
Mental Illness
Brazos Valley**

CONTACTS

Day: Kathleen Kenefick
(979) 693-2303

Night: Linda Goolsby
(979) 778-8731

namisupport@bvcaa.org

The National Alliance on Mental Illness—Brazos Valley

MISSION

NAMI is a grass roots, self-help, support and advocacy organization of consumers, families and friends of people with severe illnesses, such as schizophrenia, schizoaffective, bipolar disorder, major depression, obsessive-compulsive/anxiety disorders, pervasive developmental disorders, attention deficit disorders and severe and persistent mental illnesses, that affect the brain.

NAMI-Brazos Valley works to promote equitable services and treatment for consumers and families living with mental illness.

NAMI-Brazos Valley volunteers participate to provide support, combat stigma, support increased funding for research, advocate for adequate health insurance, housing, rehabilitation and referrals to resource programs.

NAMI-Brazos Valley offers a variety of programs and services directed to mental health consumers and family members, friends, professionals and other stake holders, and the community at large to address mental health needs. Education is an essential part of understanding and coping with mental illness.

Traveling the path of understanding a mentally ill family member can be a difficult and trying ordeal. You are not alone. Let the NAMI volunteers help make the journey one that empowers you to care for your family while maintaining your own well being.

