

NAMI Long Beach

National Alliance on Mental Illness

5230 Clark Ave., Suite 2, Lakewood, CA 90712

(Located in the front of the 1st floor with parking in rear)

Phone: (562) 435-2264 / E-mail: nami@namilongbeach.org

Website: www.namilongbeach.org

Para información en español comuníquese con Rick Pulido: (310) 567-0748 o por correo electrónico: rick@namilaccc.org & Modesta Pulido a (310) 245-9820

What is NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Long Beach provides education, advocacy, and support groups to individuals and families in our communities that are affected by mental illness. Read on below for our list of signature NAMI education classes and support groups as well as our general meetings, which are open to the public.

NAMI LB General Meetings

General Meetings are open to the public and are held on the 1st Wednesday of each month. The meetings regularly feature guest speakers discussing new research, community services, and resources related to mental illness. Please join us and learn more about what NAMI Long Beach offers individuals and families affected by mental illness. No registration is required (walk-ins welcome). No cost to attend.

Meeting Location: College Medical Center at 2776 Pacific Avenue, Long Beach, CA 90806

Meeting Date(s)/Time: First Wednesday of each month; 7:00pm-8:30pm

NAMI Family Support Group

National Alliance on Mental Illness

The NAMI Family Support Group is for families and caregivers of individuals with a mental illness and is facilitated by trained NAMI Long Beach members. The meeting is an open forum where families and caregivers can share their experiences and challenges and help one another through learned wisdom. No registration is required (walk-ins welcome). No cost to attend.

Meeting Location: Our office: 5230 Clark Ave., Suite 2, Lakewood, CA 90712

Meeting Date(s)/Time: 2nd and 4th Wednesday of each month; 7:00pm-8:30pm

NAMI Connection

National Alliance on Mental Illness RECOVERY SUPPORT GROUP

The NAMI Recovery Support Group welcomes individuals living with a mental health challenge and is facilitated by peers living in recovery. Group members share experiences, coping strategies, and techniques for maintaining wellness and offer mutual hope, encouragement, and understanding. No registration is required (walk-ins welcome). No cost to attend.

Meeting Location: Our Office: 5230 Clark Ave., Lakewood, suite #2

Meeting Date(s)/Time: Every Monday; 6:00pm – 7:30pm

NAMI FaithNet

National Alliance on Mental Illness

FaithNet is a non-denominational, faith-based support group open to family members and caregivers as well as peers living with mental health conditions. The group, which opens and closes with a brief prayer, offers a supportive environment for faith-based sharing and healing. No registration required (walk-ins welcome). No cost to attend.

Location: Our office: 5230 Clark Ave., Suite 2, Lakewood, CA 90712

Meeting Date(s)/Time: Every 3rd Wednesday of the month; 6:30pm-8:00pm

NAMI Family-to-Family

National Alliance on Mental Illness

NAMI Family-to-Family is a 12-week educational course is for families, caregivers and friends of individuals living with mental illness and is led by trained NAMI Long Beach teachers. Participants learn coping and communication skills, a more defines understanding of mental illness, common medications and side effects, and overall greater knowledge of individuals living with a mental illness. This is a FREE course. Registration is required to attend.

For more information please call us at: (562) 435-2264, email us at: nami@namilongbeach.org or visit our website at: <http://www.namilongbeach.org/>



NAMI Peer-to-Peer is a peer led 8-week educational course for individuals living with a mental health challenge who are seeking information about, and support for, recovery. The course emphasizes recovery as a realistic goal through information, support, and helpful skills to manage and navigate daily living. This is a FREE course. Registration is **required** to attend. For more information please call us at: **(562) 435-2264**, email us at: **nami@namilongbeach.org** or visit our website at: **<http://www.namilongbeach.org/>**



NAMI Basics is a 6-week educational program intended specifically for parents and other family caregivers of children/adolescents who have either been diagnosed with a serious mental illness, serious emotional disturbance, or who are experiencing symptoms but have not yet been diagnosed. This is a FREE course. Registration is **required** to attend. For more information or to register please call us at: **(562) 435-2264**, email us at: **nami@namilongbeach.org** or visit our website at: **<http://www.namilongbeach.org/>**



El Grupo de Apoyo Familiar NAMI es para familias y cuidadores de individuos con una enfermedad mental, y es facilitado por miembros capacitados de NAMI Long Beach. La reunion es un foro abierto donde las familias y los cuidadores pueden compartir sus experiencias & desafíos y ayudarse unos a otros a través de la sabiduría aprendida. No se requiere registrarse. No hay costo para asistir. Walk-ins son bienvenidos. **Para mas información por favor llamar a Modesta Pulido (310) 245-9820.**

Lugar: 5230 Clark Ave. Suite #2, Lakewood, CA 90712
Fecha/Horario: Cuarto Jueves de cada mes; 6:30-8:00pm



NAMI Familia a Familia es una clase para familias, cuidadores y amigos de las personas que viven con una enfermedad mental. Es facilitada por miembros entrenados de NAMI Long Beach. En un curso de 12 semanas aprenderás a desarrollar nuevas habilidades de comunicación y a afrontar situaciones de salud mental. Tendrás una comprensión mas definida sobre la enfermedad mental, los medicamentos y un mayor conocimiento general de las personas que viven con una enfermedad mental. Este es un curso GRATIS. Es **necesario** inscribirse.

Para mas información o para registrarse por favor comuníquese con nuestro Coordinador de Educación, **Rick Pulido a: (310) 567-0748** o por correo electrónico a: **rick@namilacc.org**.



El programa de Bases y Fundamentos es un curso de educación de 6 semanas. Fue desarrollado específicamente para los padres & otros miembros de familias y cuidadores de niños/adolescentes que han sido diagnosticados con una grave enfermedad mental incluyendo grave trastorno emocional. Los niños/adolescentes pueden estar experimentando síntomas de una grave enfermedad mental sin todavía estar diagnosticados. Este es un curso GRATIS. Es **necesario** inscribirse.

Para mas información o para registrarse por favor comuníquese con nuestro Coordinador de Educación, **Rick Pulido a: (310) 567-0748** o por correo electrónico a: **rick@namilacc.org**.

Our members and volunteers are the source of all that we try to accomplish. We ask that you join us as our journeys may intersect through NAMI.

Your contributions, through: membership, volunteer work, support, and donations, will ensure that we can continue to expand our services to our community.

Thank you.

Nuestros miembros y voluntarios son la fuente de todo lo que intentamos lograr. Le pedimos que se una a nosotros ya que nuestras trayectorias pueden intersectarse en NAMI.

Sus contribuciones: membrecía, voluntariado, apoyo y donaciones, aseguraran que podamos continuar expandiendo nuestros servicios a nuestra comunidad

Gracias.