

SUPPORT



RESOURCES

FREE EDUCATION

Mental Illness affects 1 in every 4 Americans and 1 in every 5 children.

LEARN TO ADVOCATE... LEARN TO HEAL

Find Help. Find Hope.

For Family Members and Caregivers...

FAMILY-TO-FAMILY, a NAMI Signature Program is a **FREE** twelve-week, evidence based course for families, partners, and friends of individuals with serious mental illness. Many family members describe their experience in this program as **life changing**. Classes are offered in Dover Plains, Poughkeepsie, and Kingston.

NAMI Basics, a NAMI Signature Program is a **FREE** six-week, peer-directed, education program developed specifically for parents and caregivers of children who have behavioral issues, undiagnosed emotional issues, ADHD, ODD, OCD, DMDD, or have developed symptoms of mental illness (brain disorder). Classes are offered in Dover Plains, Poughkeepsie, Pine Plains, and Kingston.

MONTHLY SUPPORT GROUPS FOR FAMILY MEMBERS

<p>POUGHKEEPSIE 3rd Tuesday of Every Month 6:30 pm - 8:30 pm MidHudson Regional Hospital Thorne Conference Room 241 North Road, Poughkeepsie NY 12601</p>	<p>KINGSTON 1st and 3rd Monday of Every Month 6:00 pm - 7:30 pm Mental Health Association in Ulster 300 Aaron Court (ring bell) Kingston, NY 12401 (Closed on Federal Holidays)</p>	<p>DOVER PLAINS 1st Wednesday of Every Month 6:30 pm - 8:30 pm Dover High School Library Conference Room 2368 Rte. 22, Dover Plains NY 12522 (Summer Months & School Closings, please call for location)</p>	<p>WAPPINGERS FALLS 2nd Monday of Every Month 6:30 pm - 8:30 pm SPANISH SUPPORT GROUP 4th Monday of Every Month 6:30 pm - 8:30 pm Both Held at Perkins Restaurant 1576 US 9 Wappingers Falls NY 12590 (Back Room)</p>
--	--	---	---

Hope For Adults Living With Mental Illness Striving For Recovery...

PEER-TO-PEER, a **no-cost**, unique experience-based program for people with any serious mental illness who wish to establish and maintain their wellness and recovery. Taught by a team of trained “mentors” who are living healthy and productive lives with mental illness, participants will learn the tools needed to take control of their own wellness and recovery. Classes are offered in Dutchess and Ulster Counties.

**NAMI CONNECTIONS
ADULT RECOVERY SUPPORT GROUP**
2nd and 4th Fridays of Every Month
6:30 pm -8:00 pm
MidHudson Regional Hospital
Thorne Conference Room
241 North Road Poughkeepsie NY12601

(845) 206-9892
contact@namimidhudson.org
For more information, please visit:
www.namimidhudson.org