

## Free NAMI Programs Now Online!

### NAMI Connection Support Group

Support Group for adults with mental health conditions.

- Wednesdays 12:30 – 2:00pm
- Wednesdays 7:00 – 8:30pm

Register at: <http://namiut.2.vu/sg>

### NAMI Family Support Group

Support Group for family members of loved ones with mental health conditions.

- Tuesdays 7:00 – 8:30pm

Register at: <http://namiut.2.vu/sg>

### NAMI Peer-to-Peer

8-week course for individuals with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

### NAMI Family-to-Family

8-week course for those supporting loved ones with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

### NAMI Basics

6-week course for those supporting children 18 and under with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

### NAMI UT Social

For adults 18+ up to meet other adults who care about mental health!

- 3rd Tuesday of the month from 6-7 pm.

For Zoom link email [Christene@namiut.org](mailto:Christene@namiut.org)



For more information about NAMI Online Support Groups please contact  
Christene Finch, State Programs Coordinator for NAMI Utah at [christene@namiut.org](mailto:christene@namiut.org).

## Free NAMI Seminars Now Online!

**NAMI Family & Friends** is a 90-minute seminar that informs and supports people who have loved ones with a mental health condition.

### Online Family-and-Friends Seminars

- 2<sup>nd</sup> and 4<sup>th</sup> Thursdays 7:00 – 8:30pm  
Register at: <http://namiut.2.vu/ff>

**NAMI In Our Own Voice** is a 90- minute interactive presentation that provides insight into what it's like to live with mental illness.

### Online In Our Own Voice Seminars

- 1<sup>st</sup> and 3<sup>rd</sup> Thursdays 7:00 – 8:30pm  
Register at: <http://namiut.2.vu/ioov>

### Online In Our Own Voice Seminar in Spanish

- TBD 7:00 – 8:30pm  
Register at: <http://namiut.2.vu/ioov>



Contact us to schedule a NAMI Family & Friends seminar

For more information please contact Eric at [programs@namiut.org](mailto:programs@namiut.org)  
or call Victoria at 385-246-5931.