


NAMI-Vermont is able to offer these workshops and classes free of charge thanks to a grant from the Vermont Department of Mental Health. For more information about any of our classes or workshops, or to put your name on our interest list, contact NAMI-Vermont at (800) 639-6480 and we'll let you know when we have a class in your area.

Family-to-Family



Free Class for Families Living with Serious Mental Illness

The NAMI Family-to-Family Education Program is a 12-week course for families and friends of individuals with mental illness. Topics include: major mental illnesses, new research, problem solving, communication skills, self-care, services, and advocacy. The course is taught by trained family members who have lived with this experience. Many family members describe the impact of this program as *life changing*.

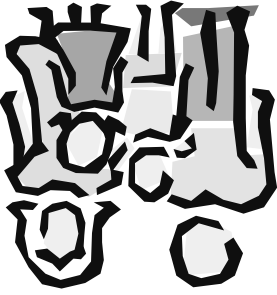
Spring Family-to-Family Classes are scheduled to begin:

Brattleboro — March 11 (Thursdays)
Burlington — March 15 (Mondays)
Middlebury — April 6 (Tuesdays)

"I have been dealing with my son's mental illness for eight years with no real knowledge of what was going on. This course was very thorough, and really answered so many questions for me. It helped me realize that others have the same issues and therefore understand."

- Past Participant

Mental Illness and the Family




The workshop covers:

- Diagnosis of the major mental illnesses including schizophrenia, bipolar disorder, major depression and others.
- Effective treatments for major mental illness.
- Accessing services throughout the state.
- Coping strategies for family members and others.
- A definition of recovery.
- Next steps for making progress.

Mental illness and the Family is a one-day education workshop for family members, friends & interested community members. This free workshop is taught by trained volunteers who have lived with the experience of having a loved one with a mental illness.

Provider Education



Free class for Mental Health Care Providers

Developed in Vermont, the NAMI Provider Education Program has grown in presence and influence in mental health systems around the country. Now active in 18 states, this 30-hour training program for behavioral health staff is taught by a team of consumers and family members.

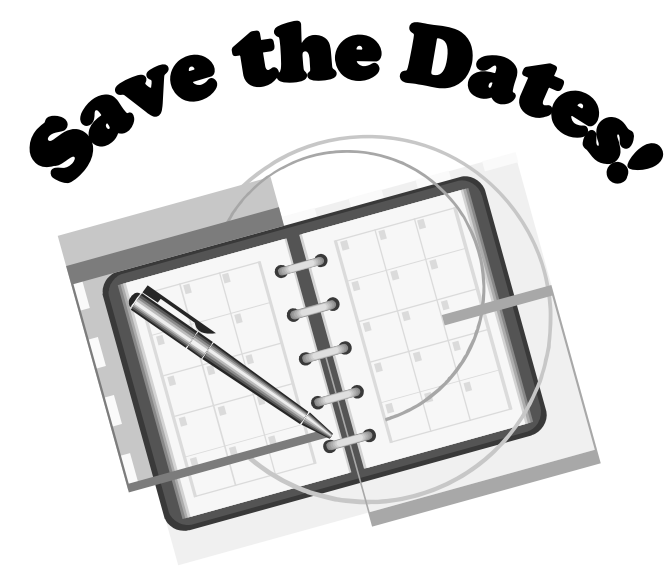
The role of consumers and families as faculty who are experts in the lived experience of mental illness is key to promoting a consumer and family driven mental health system.

"Probably the best classes I've ever attended. Presented with direct, personal knowledge, mixed with staff and family members is an unbeatable combo, all giving invaluable insights."

-Past Participant

The schedule for the 2010 spring Provider Education Course To Be Determined

NAMI-VERMONT



Spring & Summer 2010

Classes & Events

Find the Support you Need!

HELP US SECURE NAMI-VERMONT'S FUTURE!

Learn more and support NAMI-Vermont by participating in our fundraising / outreach events. Or better yet—call Erin Evarts at the NAMI-Vermont office to find out how you can get involved!



Our flagship awareness and fundraising event **NAMI Walks for the Mind of America**— is a great way to support NAMI-Vermont's work providing advocacy, support and education for people with mental illness and their families.

Join our 4th Annual Walk-A-Thon on **Saturday May 15, 2010**. Sign up your team today and help us reach our **\$50,000** goal!

To register or donate go to:
<http://www.nami.org/namiwalks/VT>

For more information on any of the classes & events listed in this brochure:

NAMI-Vermont
 162 South Main Street • Waterbury VT 05676
www.namivt.org • info@namivt.org

(800) 639-6480

Non-profit
 U.S. Postage Paid
 Permit #20
 Waterbury, VT

NAMI-Vermont
 162 South Main Street
 Waterbury, VT 05676



NAMI Family Support Group Meetings

NAMI Family Support Groups empower & educate family members and close friends of individuals with severe persistent mental illness*.

This includes Schizophrenia, Schizoaffective Disorder, Major Depression and Bipolar Disorder, Panic Disorder and Obsessive Compulsive Disorder

Reasons to attend a NAMI Family Support Group:

- Get Support by talking to other family members who have been through what you're going through.
- Get information on the illness affecting your loved one.
- Get connected to educational opportunities which can help you cope with the illness and find out how you can help your loved one.

Current Support Group Meetings

**Please note—support group schedules often change. For up to date schedules, contact the NAMI-Vermont Office at (800) 639-6480*

- Bennington**
2nd Wednesday of the month at 6:30 pm
- Brattleboro**
1st Thursday of the month at 7 pm
- Burlington**
2nd & 4th Tuesdays of the month at 7 pm
- Central Vermont**
4th Monday of the month at 7 pm
- Manchester / Londonderry**
1st Monday of the month at 6 pm (7 pm starting in April)
- Middlebury**
3rd Thursday of the month at 7 pm
- Morrisville/Stowe**
2nd Thursday of the month at 7:00 pm (no meeting in July & August)
- Rutland**
3rd Monday of the month at 7 pm
- Springfield**
3rd Wednesday of the month at 6:30 pm
- St. Johnsbury**
1st Tuesday of the month at 5:30 pm
- White River Junction**
Last Monday of the month at 6:00 pm

Please Consider Joining NAMI-Vermont Today!

NAMI-Vermont relies on the generous support of our members and donors to strengthen our efforts to improve VT's system of care and provide support and education for consumers and their families. If you're not currently a member, please consider becoming one today. If you're already a member, please consider making an additional tax-deductible donation and many, many thanks for your continued support!

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

E-mail _____

Individual/Family—\$30 Professional—\$40 Friend—\$60

Advocate—\$80 Corporate—\$100 Open Door—\$4 (limited income)

Additional Donation \$ _____

Check VISA MasterCard American Express Discover

Account # _____ Expiration Date _____

Address from your credit card billing statement _____

CID # _____ (last 3 digits on the signature panel; AM EX cards—4 digits printed above account #)

- I would prefer to receive the newsletter electronically. E-mail address required. *Requires Acrobat Reader.*
- I would like to be added to your e-mail Action Alert List, to keep me up to date on upcoming legislative issues and NAMI-VT events.
- I would like to make a donation but DO NOT wish to receive mail / e-mail from your organization

NAMI Connection Recovery Support Groups

A NAMI Connection Recovery Support Group is an alliance of individuals who have in common the experience of living with mental illness. It provides a place to share experiences and use them as learning opportunities for themselves and others. Connection groups offer a safe space to confront the challenges that all consumers face, regardless of diagnosis: low self-esteem; social isolation; dual diagnosis; stigma and discrimination; etc.

- Bennington**
Every Tuesday 6-7:30 pm
St. Peter's Episcopal Church
200 Pleasant Street
- Burlington**
Every Thursday 4-5:30 pm
St. Paul's Episcopal Cathedral
2 Cherry Street (enter from parking lot)
- Essex Junction**
2nd Saturday of the month 2-3:30pm
Starting Jan. 9, 2010
Congregational Church
Take elevator to 2nd floor Youth Lounge
39 Main Street
- Middlebury**
Monthly meeting – details TBD
(Contact us if interested)
- Montpelier**
First and Third Thursdays 6-7:30 pm
starting Jan. 7, 2010
Kellogg-Hubbard Library
East Montpelier Room (basement)
- Newport**
Monthly meeting – details TBD
(Contact us if interested)
- Randolph**
Every Wednesday 5-6:30 pm
United Church
18 N.Main Street
- Rutland**
Every Monday 7- 8:30 pm
Wellness Center (RMH)
78 South Main St.
(turn on Engram Ave one way toward S. Main), parking is on left side of Road. Wellness Center—enter first door off the parking lot
- St. Johnsbury**
Every Thursdays 6:30 pm -8:00 pm
starting January 7, 2010
Universalist Unitarian Church
47 Cherry Street Follow the signs
- Windsor**
Twice monthly meetings – details TBD
(Contact us if interested)

A Connection Facilitator Training is currently being planned for this June.

If you are a consumer interested in becoming a NAMI Connection Recovery Support Group facilitator, contact Ann at connectionvt@myfairpoint.net

Volunteers Needed!

- **Fundraising, Outreach & Development Volunteers**
Come help plan fundraising and outreach events or sign up to work on specific events such as the NAMIWalk, Meals for the Mind, benefit concerts, etc.
- **Family-to-Family & Provider Education Teachers**
Family members, consumers and mental health care providers interested in being trained to teach these two programs. Teachers must first attend a free weekend training. The next Family-to-Family Teacher Training scheduled for May 7-9.
- **Family Support Group Facilitators**
Family members willing to co-facilitate support groups throughout Vermont. Facilitators must be willing to attend a free weekend training.
- **Connection Support Group Facilitators**
Consumers interested in leading weekly peer support groups. A Connection facilitator training is being planned for this fall.
- **Outreach Volunteers**
Outreach Volunteers are needed to periodically distribute outreach materials in their area.
- **Consumer Council Members**
Consumers interested in promoting consumer involvement in NAMI-VT's advocacy efforts & other avenues to strengthen NAMI-VT's support for (and engagement with) the needs of consumers in Vermont.
- **Write Articles for NAMI-Vermont Newsletter**
Articles, book reviews, creative writing pieces, artwork, etc. for the newsletter. Pieces can be submitted throughout the year.



For more information on these and other volunteer opportunities or to sign up, contact **NAMI-Vermont** at

(800) 639-6480 or info@namivt.org