

NAMI Mid-Carolina is an affiliate of the National Alliance on Mental Illness (NAMI) and is a non-profit 501(c)(3) organization advocating for people with mental illness and their families.

Current NAMI Mid-Carolina Programs and Groups

(All events are free and open to the public, though pre-registration is required where noted.)

Education Meeting – Monthly meeting with knowledgeable speakers on topics of interest to members.

- Second Tuesday each month at 6 pm at Trenholm Road United Methodist Church (TRUMC), 3401 Trenholm Road

NAMI Connections – Peer led support group for people with a mental illness.

- Mondays at 3:00 pm, Dorn VA Hospital, Building 106, Room A-237
- Tuesdays at 6:00 pm (except for the second Tuesday of each month), TRUMC
- Thursdays at 6:00 pm, TRUMC

Family Support Group - Peer led support group for families/friends of someone with a mental illness

- Tuesdays at 6 pm (except for second Tuesday of each month), TRUMC

Family to Family – NAMI’s signature 12 week Peer led educational course for family members, usually offered twice a year.

- The next course to be offered will begin February, 2009. Preregistration is required. For more information and to sign up please call 776-9548.

NAMI Basics – Peer led educational course for parents/caregivers of a child with a diagnosis or symptoms of a mental illness. Next course to be offered spring 2009. Preregistration is required.

In Our Own Voice – One hour presentation by two people who have a mental illness. Offered to churches, civic groups, organizations, etc. Call 776-9548 to schedule a presentation.

Provider Education – Peer led educational course for mental health professionals. Usually offered in conjunction with Columbia Area Mental Health Center.

NAMIWALKS for the Mind of America – Walk raises awareness about mental health and mental illness. NAMIWALKS 2009 will be April 25, 2009 at the West Columbia Riverwalk and Amphitheatre.



NAMI Mid-Carolina, P.O. Box 2526, Columbia, SC 29202

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www.nami.org/NAMIWALKS/SC/Columbia