

PROGRAMS & SERVICES

ALWAYS OFFERED AT NO COST TO PARTICIPANTS

FOR PEOPLE LIVING WITH MENTAL HEALTH CONDITIONS

Connection Support Group: In virtual and in-person weekly support groups, people living with mental health conditions learn from each other's experiences, share coping strategies and offer each other encouragement and understanding.

Be Herd Wellness Group (seasonal): 90 minutes of supportive equine time, in which people living with mental health conditions can find support and community with peers and some horses at StableStrides, a NAMI partner organization (see stablestrides.org).

Peer-to-Peer: This eight-week, recovery-focused educational program supports adults who wish to establish and maintain wellness in response to mental health conditions. It provides critical information and strategies related to living with those conditions.

FOR FAMILY MEMBERS

Basics: This six-week class covers the fundamentals of caring for yourself and your family when a child or adolescent is experiencing symptoms of a mental health condition. (Diagnosis not required.) Basics also teaches advocacy skills for working with schools.

Basics Support Group: At this virtual monthly group, parents and caregivers of children and teens who are experiencing mental health issues come together for support and community.

Family Support Group: These peer-led, 90-minute gatherings leverage the collective knowledge and experience of family members, caregivers and loved ones of those living with mental illness. Groups are offered virtually and in-person.

Family-to-Family: Led by NAMI-trained family members since 1999, this is an evidence-based, eight-week course for family, caregivers and friends of individuals living with mental illness. It covers brain physiology, treatment, coping skills, advocacy strategies and more.

Homefront: Built on NAMI's flagship Family-to-Family class, this is a six-week program taught by family members who support loved ones with mental health conditions within a military family.

FOR THE COMMUNITY

Array Parity: The Array Parity project elevates artwork created by veterans, active-duty military and others living with mental health conditions. The project, which includes textile printing and photography, aims to restyle public perceptions of what it means to live with a diagnosis.

Below the Surface: This award-winning public-awareness initiative connects El Paso County teens with the state of Colorado's free, confidential, 24/7 crisis text line. It includes posters, cards, stickers, a website (need2text.com) and hand-in-hand work with local schools.

Crisis Intervention Team Training: CIT prepares law enforcement personnel to appropriately respond to psychiatric emergencies. During 40 hours of classroom and "in the field" training, participants learn about mental health conditions and acquire strategies for helping those in crisis.

In Our Own Voice: By telling their own stories, In Our Own Voice speakers unmask mental health conditions for groups of all kinds. They share the reality of their personal experiences in hopes of changing attitudes and fighting stereotypes.

Provider: Offered as a five-week course or a four-hour seminar, Provider relates the lived experience of mental illness to help providers better serve patients and clients. The teaching panel includes a mental health professional, a person recovering from a mental health condition, and a family member.

Resource and Referral Line: The NAMI Colorado Springs office at 1615 S. Murray Blvd., operates from 9 a.m. to 5 p.m. weekdays, with staff and volunteers trained to provide mental health resources and referrals to callers or drop-ins. There is also a lending library on-site.



For times, dates & sign-up info, scan the code to the left or visit namicoloradosprings.org.



Transportation for some programs available through Envida upon request.

For more information on any of these programs,
call **719.473.8477**, or visit namicoloradosprings.org

1615 S. Murray Blvd., Colorado Springs, CO 80916