



# NAMI Family-to-Family

National Alliance on Mental Illness

**Beginning January, 2018**

**FREE Education and Support for Families of Individuals with Mental Illness**

***Do you have a family member with mental illness? Have you struggled to understand the diagnosis? Would you like to know how to take care of yourself while caring for your loved one?***

The NAMI Family-to-Family Education Program is a free 12-week course for families and friends of individuals who are dealing with conditions such as ADHD, Bipolar Disorder and Schizophrenia. The course is taught by trained family members who have lived with this experience. The course teaches the **knowledge** and skills that family members need to cope more effectively.

**Family-to-Family Course Topics include:**

- Family responses to the trauma of mental illness.
- Schizophrenia, major depression, and mania: Diagnosis and dealing with critical periods.
- Depression and Bipolar subtypes; Panic disorder; Obsessive Compulsive Disorder (OCD);
- Borderline Personality Disorder; Co-occurring brain and addictive disorders.
- The biology of the brain: emerging scientific discoveries.
- Problem solving workshop
- Medication review
- Understanding the inner experience of having a mental illness.
- Communication skills workshop.
- Self-care, relative group testimony.
- Rehabilitation, services available.
- Advocacy, fighting stigma.

The **NAMI Family-To-Family Education Program** is appropriate for parents, siblings, other family members and significant others of adult persons with severe and persistent mental illness.

See also [www.nami.org](http://www.nami.org) for information on Nami.

See also <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family> for video and information on Family-to Family

**Registration is REQUIRED so that student manuals are available:**

**Tues. Jan. 09, 2018**, 12 Tuesdays, 6:00-8:30 pm, 2<sup>nd</sup> flr. conf. room, Tri-County MHS, 3100 NE 83<sup>rd</sup> St, KCMO, 64119. Contact: Bob; Tel. 816-419-9669; e-mail: [ftfnorth@gmail.com](mailto:ftfnorth@gmail.com)

**Mon. Jan. 15, 2018**, 12 Mondays, 6:15-8:45 pm, Jewish Community Campus, 5801 W. 115<sup>th</sup> St. Overland Pk. Ks. 66211. Contact: Emily Krier; Tel 913-744-1672; email: [emilykrier@gmail.com](mailto:emilykrier@gmail.com)

**Mon. Jan. 15, 2018**, 12 Mondays, 6:30-9 pm, Pathways Community Health; 1010 Remington Plaza, Raymore, Mo 64083. email: [nami-leaders@hotmail.com](mailto:nami-leaders@hotmail.com)

**Thur. Feb. 15, 2018**, 12 Thursdays, 6:30-9 pm, UMC of the Resurrection, 13720 Roe Ave. Leawood, Ks. 66224. Contact: John; Tel. 816-763-6169; e-mail [tntkc@hotmail.com](mailto:tntkc@hotmail.com)

**Mon. Feb. 19, 2018**, 12 Mondays, 6:30-9:30 pm, Nami Leavenworthm, 1013 Pottawatomie, Leavenworth Ks, 66048. Contact: 913-683-4571 or register on line: [www.naminekl.com](http://www.naminekl.com)

**Mon. March 05, 2018**, 12 Mondays, 5:30-8:00 pm, Research Psychiatric Center, 2323 E. 63<sup>rd</sup> St. KCMO, 64130. Contact: Cathy; Tel. 816-786-5213; e-mail: [simondscat@gmail.com](mailto:simondscat@gmail.com) **Mon.**

**March 05, 2018**, 12 Mondays, 6:30-8:30 pm, Lifequest Church, 1400 North Scott, Belton, MO. 64012. Contact: Amanda Cousens: Tel 816-560-5229; [Amanda.K.Cousens@gmail.com](mailto:Amanda.K.Cousens@gmail.com)

**Thur. March 8, 2018**, 12 Thursdays, 6:30-9 pm, Church of the Nazarene, 6301 Nall Ave, Prairie Village, Ks. 66202. Contact: Em; Tel. 913-236-8063; or Doris 913-648-5155.

# NAMI of Greater Kansas City Support Group Listing

Group details are subject to change! Please contact facilitators to ensure times and locations.

Family Groups are for family members/individuals of loved ones with mental illness.

Consumer Groups are for individuals with mental illness.

CRISIS: Dial 911 and request a CIT Officer. CRISIS LINE: 1-800-273-8255

MISSOURI FAMILY GROUPS	DATES & TIMES	FOR MORE INFORMATION
NAMI Lee's Summit Family Group ReDiscover, 901 Independence Ave Lee's Summit, MO 64086	1 <sup>st</sup> Wednesday of the month 7:00 pm	Frank Bair 816- 763-9320
Northland Family Support Group Tri-County MHC 3100 NE 83 <sup>rd</sup> St, KC, MO 64119	1 <sup>st</sup> Wed. Educational Mtg. 3 <sup>rd</sup> Wed. Support Mtg. Conf. Rm. 2005 6:00-7:30 pm	Candis Desselle 816- 468-0400
NAMI Family Support Group Research Psychiatric Center 2323 E 63 <sup>rd</sup> St, KC, MO 64130	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays of the month 6:00-8:00 pm	Joe & Heidi Custin e-mail: <a href="mailto:custinh@yahoo.com">custinh@yahoo.com</a>
Truman Family Support Group TMC Healing Canvas Bldg. 300 W. 19 <sup>th</sup> Terr.; KC MO 64108	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays 6-8pm	Angela 913-709-2717
NAMI Family Support Group Pathways Community Health 1010 Remington Plaza Raymore, MO 64083	2 <sup>nd</sup> & 4 <sup>th</sup> Monday of the month 6:30-8:30 pm	Contact Pam & Holly e-mail: <a href="mailto:nami-leaders@hotmail.com">nami-leaders@hotmail.com</a>
Nami Family Support Group Life Quest Church 1400 N. Scott Ave; Belton, MO 64012	BEGINS 1/15/2018 1 <sup>st</sup> & 3 <sup>rd</sup> Monday 6:30-8:30 pm	Contact Krissy Email: <a href="mailto:krevert@att.net">krevert@att.net</a>
Through this Together Support Group (Those who have a loss to suicide) St. Luke's Hospital, Main 1 Conf. Rm. 4401 Wornall Rd; KC MO 64111	1 <sup>st</sup> Tuesday of each month	Tom Phillips 816-500-1631 or Bonnie: email <a href="mailto:bonswade@gmail.com">bonswade@gmail.com</a>
Survivors of Suicide Support Group (People who have lost someone) Center Point Hosp. 19600 E.39 <sup>th</sup> St. S. Independence, MO 64057	1 <sup>st</sup> Tuesday of the month 7:00 pm	Robin Minzes 816- 516-3511
Survivors of Suicide Support Group Fairview Christian Church 1800 NE 65 <sup>th</sup> St. Gladstone, MO 64118	4 <sup>th</sup> Thursday of the month 6:30-8:00 pm	Celina Affolter 816-686-4962
Survivors of Suicide Support Group Pathways – 1010 Remington Dr Raymore, MO 64083	3 <sup>rd</sup> Tuesday of the month 6:30 pm	Barbara Kuchta 816-318-4430

Nami National Helpline: 1-800-950-6264 (not a crisis line)

Compassionate Ear Warmline: 1-866-927-6327 (peer operated listening service-not a crisis line)

Nami-KC Facebook: <https://www.facebook.com/namikc/>

Nami: [www.nami.org](http://www.nami.org) Nami Mo: [www.namimissouri.org](http://www.namimissouri.org) Nami Kansas: [www.namikansas.org](http://www.namikansas.org)



# NAMI of Greater Kansas City Support Group Listing

KANSAS FAMILY GROUPS	DATES & TIMES	FOR MORE INFORMATION
Families for Mental Health Family Group Village Presbyterian Church, Rm. 126/127 6641 Mission Rd, Prairie Village, Ks. 66208	Family Group 3 <sup>rd</sup> Thursday of the month 7:00 pm	Call 913- 676-7171
Survivors of Suicide Support Group Shawnee Mission Medical Complex Woodland Hills Bldg; Suite 255 7315 Frontage Rd Shawnee Mission, Ks. 66204	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays 6:30-8:15 pm	Bonnie & Mickey Swade 913-681-3050 <a href="mailto:mickswade@gmail.com">mickswade@gmail.com</a> <a href="mailto:bonswade@gmail.com">bonswade@gmail.com</a>
Nami Johnson County Nami Family Support Group Church Of the Resurrection 13720 Roe Ave; Leawood, KS 66224	Starts 9/25/17 2 <sup>nd</sup> & 4 <sup>th</sup> Monday 7:00 TO 8:30 pm	Nami Johnson County Call 913-210-0630
Johnson County MHC Family Group 6000 Lamar; Mission, KS 66202	Family Group-Education & Support Every Wednesday 12:00-1 pm	Cindy Claxton 913-826-4200 <a href="mailto:cindy.claxton@jocogov.org">cindy.claxton@jocogov.org</a>
Eating Disorders Caregivers Support Grp Valley View UMC, 8412 W. 95 <sup>th</sup> St Overland Park, KS 66212	2 <sup>nd</sup> Tuesday of the month 7-8:30 pm (Youth lounge)	Suzy Ayres <a href="mailto:suzyayres@kc.rr.com">suzyayres@kc.rr.com</a>

KANSAS FAMILY & CONSUMER GROUPS	DATES & TIMES	FOR MORE INFORMATION
NAMI Johnson County Family & <u>Consumer</u> Groups Nall Church of the Nazarene 6301 Nall Ave, Prairie Village, Ks. 66202	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays, 7:00 pm Family & Consumer Support Meetings 1 <sup>st</sup> Tuesday, 7:00 pm Family & Consumer Educational Meeting	Call 913- 210-0630 <a href="http://www.namijoco.org">www.namijoco.org</a>
NAMI Kansas City, KS Family & <u>Consumer</u> Groups Trinity United Methodist Church 5010 Parallel Pkwy. KC KS 66104	Family & Consumer Groups 2 <sup>nd</sup> Monday of the month 7:00 pm	Call Gerald or Illa 913- 299-8490 or e-mail: <a href="mailto:gniulrich@yahoo.com">gniulrich@yahoo.com</a>
Pathways to Hope Family & <u>Consumer</u> Groups College Church of the Nazarene 2020 E. Sheridan Olathe, KS 66062	Thurs. 7-8:30 pm Meet in Vanderpool Bldg. Family members in Rm V304 Those in Recovery Rm. V305	Call 913-397-8552 Email: <a href="mailto:pth@pathwaytohope.org">pth@pathwaytohope.org</a> <a href="http://www.pathwaytohope.org">www.pathwaytohope.org</a>

MISSOURI CONSUMER GROUPS	DATES & TIMES	FOR MORE INFORMATION
NAMI Connection Lee's Summit 1 <sup>st</sup> Presbyterian Church of Lee's Summit 1625 NW O'Brien Rd Lee's Summit, MO 64081	Every Tuesday 7:00-8:30 pm	Marty Sexton 816-738-3066 Tricia Wear 816-810-1414 Email: <a href="mailto:mogallows@gmail.com">mogallows@gmail.com</a>
NAMI Connection Midtown-Westport Westport Presbyterian Church 201 Westport Rd, KC, MO 64111	Every Tuesday 7:15-8:30 pm	Patty Reynolds 816-260-6880 Email: <a href="mailto:Violamom@gmail.com">Violamom@gmail.com</a>
NAMI Connection Northland North Cross United Methodist Church 1321 NE Vivion Rd, KC, MO 64118	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 6:00-7:30 pm	Elizabeth Wilson 816-482-6106 Email: <a href="mailto:elizwilson2015@gmail.com">elizwilson2015@gmail.com</a>
Nami Connections Belton Lifequest Church 1400 North Scott Ave. Belton, MO 64012	1st & 3 <sup>rd</sup> Monday 6:30-8:30 pm	Shawn Teegarden Email: <a href="mailto:teegarden.shawn@icloud.com">teegarden.shawn@icloud.com</a> Mike Revert Email: <a href="mailto:allaboutrocklilc@yahoo.com">allaboutrocklilc@yahoo.com</a>

KANSAS CONSUMER GROUPS	DATES & TIMES	FOR MORE INFORMATION
Depression & Bipolar Support Alliance Old Mission United Methodist Church 5519 State Park Rd. Fairway, Ks. 66205	Every Thursday 7-9 pm *Call Facilitator for details	Tony Terwelp 816- 550-9257 e-mail: <a href="mailto:tterwelp@hotmail.com">tterwelp@hotmail.com</a> * Lois Hohn 913-239-0235 *

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Depression & Bipolar Support Alliance Of Overland Park Church of the Resurrection; Rm B210 13720 Roe Ave. Leawood, KS 66224	Every Thursday 7-8:45 pm Friends and Family are also welcome	Paige Gerson 913-730-0042 e-mail: <a href="mailto:dbsajoco@gmail.com">dbsajoco@gmail.com</a> website: <a href="http://www.dbsaop.org">www.dbsaop.org</a> Facebook.com/dbsakc
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SPANISH SPEAKING GROUPS	DATES & TIMES	FOR MORE INFORMATION
Mattie Rhodes Counseling Center 1740 Jefferson Kansas City, MO	On as-needed basis	Call 816- 471-2536

Other:

Alzheimer's Association, Prairie Village, Ks. Tel. 913-831-3888.

Website: [www.alz.org/Kansascity](http://www.alz.org/Kansascity) allows search for support groups

Hearts of Valor: Support group for caregivers of post-9/11 wounded, ill or injured military; & first responders. Website: [www.heartsofvalor.org](http://www.heartsofvalor.org)

Meetings: 1st & 3rd Thursday, Evenings. Call for location & time.

Contacts: Rachel Moyers, Tel 520-730-4274; e-mail [rachel.moyers.vol@operationhomefront.org](mailto:rachel.moyers.vol@operationhomefront.org)

Shawn Moore, Tel. 816-462-2022; email: [shawn.moore.vol@operationhomefront.org](mailto:shawn.moore.vol@operationhomefront.org)