

ONLINE PROGRAMMING

NAMI FAMILY SUPPORT GROUP FOR PARENTS OF CHILDREN 17 AND UNDER- NEW!

This is a free, peer led support for parents of children living with mental health challenges. Our NAMI Family Support Groups offer a confidential space to share and gain sincere uncritical acceptance from others with similar experiences.

When: 1st and 3rd Wednesdays of the month from 7:00 pm – 8:00 pm. via Zoom.
If interested, please email mwalsh@namivirginia.org for the link.



CHILDREN'S CHALLENGING BEHAVIORS (CCB)

Education Course
Registration is required.

NAMI Virginia has adapted this in person workshop to be offered online. Children's Challenging Behaviors provides education and support for parents of children living with mental health challenges. Parents learn when and how to seek help, develop parenting strategies, learn the ins and outs of special education and other educational supports, and discover community resources available to families and youth

The course is led by trained and experienced parents who provide information to help other parents understand typical behaviors versus challenging behaviors that require intervention. **CCB will be taught on Zoom over the course of 3 days with 2-hour classes.**



NAMI BASICS ON DEMAND

Education Course
Registration is required.

NAMI Basics OnDemand is an adaptation of NAMI Basics and is a free, six-session online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care.

The course is taught by a trained team with lived experience—they know what you're going through because they've been there. The 6-session program provides critical strategies for taking care of your child and learning the ropes of resiliency and recovery.





National Alliance on Mental Illness

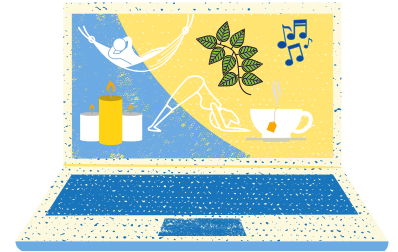
NAMI Virginia

ONLINE PROGRAMMING FOR YOUTH AND YOUNG ADULTS

GUIDED SELF CARE

This is a twice monthly, one-hour long activity based group for both YA and Youth. Facilitators will guide the group through a new self-care practice as the participants partake in the practice on Facebook live through the YOUTH MOVE Facebook page.

When: *The 2nd and 4th Mondays of the Month from 6pm-7pm*



STAY IN AND STAY BUSY

This event, for both Youth and YA, is held on Youth MOVE's Facebook page and focuses on creative ways to make a difference during social distancing while sharpening your own personal leadership approach in a safe environment with your peers. Topics include but are not limited to, using your lived experience, remote volunteer projects, community engagement, and leadership.

When: *Every Wednesday from 7pm-8pm*



FILM AND FRIENDS

This a weekly film screening that allows all participants to view that same movie in real time through a shared link created by the Netflix Party on Google Chrome. This is limited to 15 participants per viewing party and allows movie goers to respond to one another in a chat box for all to view. The goal is to relax and have fun while viewing a film with individuals who share similar lived experiences with mental health.

When:

- *1st and 3rd Friday for Youth (14-17) 7:00pm-9:00 pm*
- *2nd and 4th Friday for young adults 7:00pm-9:00 pm*

Registration is required.



[NAMIVIRGINIA.ORG/ONLINE-PROGRAMMING/](https://namivirginia.org/online-programming/)

