



Kern County

OUR MISSION

To provide support, education and advocacy for people with mental illness, their families and friends.

To promote better quality of care, rights and interests of citizens with mental illness, particularly of those who cannot speak for themselves and advocate for policies at the local, state and national level to accomplish these objectives.

To encourage mental health professionals to include families in the care and treatment of their ill family

OUR BELIEFS

We recognize mental illnesses are brain disorders.

We see the person not the illness.

We reject stigma in ourselves and others.

We forgive ourselves and reject guilt.

We embrace humor as healthy.

We expect a better future in a realistic way.

We will never give up hope.

PROGRAMS

SUPPORT:

"CONNECTION" Peer Support Group-Fridays from 3:00 to 4:30 p.m. at Beale Memorial Library-701 Truxtun Ave. Bakersfield, CA 93301- For more information go to: www.nami.org/connection

"CONNECTION" Peer Support Group-2nd and 4th Tuesdays from 6:00 to 7:30 p.m. at 2001 28th St. Bakersfield, CA 93301- For more information go to www.nami.org/connection

"FAMILY" Support Group-2nd and 4th Tuesdays from 6:00 to 7:30 p.m. at 2001 28th St. Bakersfield, CA 93301- For more information go to: www.nami.org/fsg

*programs also available in Ridgecrest

EDUCATION:

"FAMILY TO FAMILY" - This 12 week course is offered twice each year. Call for reservations. For more information go to: www.nami.org/F2F

"PEER TO PEER"- This 10 week course is offered twice each year. Call for information and reservations. For Information fo to: www.nami.org/P2P

*programs also available in Ridgecrest

PRESENTATIONS:

IN OUR OWN VOICE: 60 to 90 minute presentation by trained peers telling their story of living in recovery. Call to schedule a presentation. For more information go to: www.nami.org/IOOV

CONTACT NUMBERS:

Peer Programs Coordinator: 661.247.5426

Family Programs Coordinator: 661.805.6604

Information Line: 661.858.3255

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