



National Alliance on Mental Illness

# NAMI 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](http://www.nami.org/connection)

**“CONNECTION” Peer Support Group**-2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 6:00 to 7:30 p.m. at 2001 28<sup>th</sup> St. Bakersfield, CA 93301- For more information go to [www.nami.org/connection](http://www.nami.org/connection)

**“FAMILY” Support Group**-2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 6:00 to 7:30 p.m. at 2001 28<sup>th</sup> St. Bakersfield, CA 93301- For more information go to: [www.nami.org/fsg](http://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](http://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](http://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](http://www.nami.org/IOOV)

### CONTACT NUMBERS:

**Peer Programs Coordinator: 661.247.5426**

**Family Programs Coordinator: 661.805.6604**

**Information Line: 661.858.3255**

**NAMI Kern County** P.O. Box 9144 Bakersfield, CA 93389-9144 PH: 661-858-3255

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