



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 Belief

We recognize mental illness 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 Recovery Support Group**—Fridays, 3:00-4:30pm, Beale Library, 701 Truxtun Ave, Bakersfield

**Family Support Groups** -2nd & 4th Tuesdays, 6:00pm-7:30pm, 2001-28th Street, Bakersfield, 93301

-2nd Thursdays, 11:00am -12:30pm, 2001-28th Street, Bakersfield, 93301

-4th Tuesdays, 12:00pm-1:30pm, 2300 S. Union Ave, Bakersfield, 93307

-4th Fridays, 6:00pm-7:30pm, (Spanish), 2001 -28th Street, Bakersfield, 93307

### Education:

**Family to Family** — a 12-week class, offered twice each year. Call (661)805-6605 to reserve your seat

**Peer to Peer** —an 8-week class, offered twice each year. Call (661)247-5426 to reserve your seat.

### Presentation:

**In Our Own Voice**—a presentation by trained peers telling their story of living in recovery. Call to schedule.

### Contact Numbers:

Family Support coordinator: (661) 805-6604

Peer Support Coordinator: (661) 247-5426