

OUR MISSION

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

LOCAL PROGRAMS

Support Groups:

Family Support is for family and friends of individuals living with mental health challenges: Groups meet two times each month. To register for an online support group email: namikern@yahoo.com.

Connection Recovery is for individuals living with mental health conditions. For more information call 661-858-3255. To register for online support groups, email: namikern@yahoo.com

Education Classes:

Family to Family – an 8-week, evidenced-based education program for family members.

Peer to Peer – an 8-week, education course for individuals living with mental health challenges.

Family and Friends - a 4 hour workshop for general public, offering practical skills & information.

Presentations:

In Our Own Voice – a presentation by trained peers who tell their story of living in recovery.

Mental Health 101 – focuses on the uniqueness of multi-cultural communities.

HELPLINE

For more information about our local programs and services, call 661-858-3255.

NATIONAL PROGRAMS

Basics – a 6-week class for parents of children living with mental health challenges. For online classes visit: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Basics>

HomeFront is a 6-week education program for families, caregivers, and friends of military service members and veterans with mental health conditions. To register, visit: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Homefront>

Frontline Wellness Program – information and resources for healthcare and public safety professionals
Visit: <https://www.nami.org/Your-Journey/Frontline-Professionals>

FaithNet is an interfaith resource network composed of clergy and congregations of all faiths to promote the vital role of spirituality in the recovery journey of many who live with mental health challenges. For more information, visit: <https://www.nami.org/Get-Involved/NAMI-FaithNet>