

2021 Education and Support Programs

Basics – A free, 6-week course for parents/guardians and other family caregivers of children and adolescents experiencing mental health challenges. The course enables the participants to develop problem solving and communication skills, while learning how to effectively advocate for the child within school/mental health systems.

Family-to-Family – A free, 8-week course for families, partners, and friends of individuals with serious mental illness. Course focus is on the emotional response families have to the trauma of mental illness; participants describe their experience in the program as life changing.

Family Support Group – A free, local meeting of loved-ones of individuals with a mental health condition where family members can talk frankly about their challenges and help one another through their learned wisdom. Specific group for partners of people living with a diagnosis are also available.

Homefront – A free, six-session education program for family, friends and significant others of Military Service Members and Veterans with mental health conditions.

Peer-to-Peer – A free, 8-week, peer-led, recovery education course, open to any person with a serious mental illness. Peer-to-Peer emphasizes recovery from mental illness as a feasible, supportable goal and challenges the stigma often wrongly associated with mental illness.

Connection – A free, peer-led, weekly, 90-minute recovery support group for people living with mental illness where people learn from one another's experiences, share coping strategies, and offer mutual encouragement and understanding. The groups provide an ongoing opportunity to discuss the challenges of living with mental illness and the techniques for maintaining wellness.

Progression – A free six-week educational course about mental health for teens and young adults, ages 13-17 who have a mental health diagnosis. Progression is taught by peers who have a mental health diagnosis and are now living in recovery. The two-hour course meets once a week, for six weeks.

Progression Support Group – A free mental health Teen Support Group (ages 13 - 17). This peer-led support group for young adults living with mental illness helps them gain insight from the shared challenges and successes of others facing similar circumstances.

In Our Own Voice – is a unique public education presentation that offers insight into the hope and recovery possible for people living with mental illness.

KidShop - is a free program for children ages 7 – 12 after school on Wednesdays. The class is for children with a parent or sibling living with a mental illness or some form of brain disorder. Check-in for the children is 3:15 p.m. Program start time is 3:30 p.m. and runs until 5:00 pm. See website for registration.