

Education, Support & Advocacy Programs for Individuals Living with a Mental Health Condition, Family Members, Friends, and the Northern Virginia Community.

Programs are offered at no cost to participants.

	EDUCATION	SUPPORT	AWARENESS
ADULTS	NAMI Peer-to-Peer: 10-week recovery education and support program (ages 18+) Includes peer-support, learning, discussion, coping and mindfulness exercises.	NAMI Connection Support Group: year-round peer led support group for individuals living with a mental health condition.	NAMI In Our Own Voice: 90-minute public presentation featuring personal stories of recovery and hope.
	NAMI Family-to-Family: 12-week learning and support program for family members of adults living with a mental health condition.	NAMI Family Support Group: Year-round family-member led support group for family members, friends, and partners of individuals living with a mental health condition.	NAMI Smarts: Training workshop for anyone interested in developing their personal story to advocate for themselves or a family member.
TEENS & YOUNG ADULTS	NAMI Peer-to-Peer for Young Adults: 10-week recovery education and support program (ages 18-28).	Internships & Volunteer positions: Students participate in day-to-day operations and assist with programs, in support of mental health awareness. (ages 16+)	Youth Leadership Council: Leadership and advisory council (ages 16-32). Youth Fest: Quarterly social & awareness event for youth and families.
SCHOOLS & YOUTH-SERVING GROUPS	NAMI Ending the Silence: 50-minute presentation designed for jr./sr. high school students & youth groups. Family members and young adults provide mental health education and share their personal experiences.	School clubs: Support for students who lead mental health awareness clubs in their high schools, including providing materials and assistance for awareness events.	Parent Workshop: 2-hour workshop for parents and caregivers of children and youth.
PARENTS & CAREGIVERS	NAMI Basics: 6-week learning and support program for parents and caregivers of children and youth (under 18) who are living with behavioral or emotional challenges.	Family Support Group with Focus on Parents/Caregivers of Youth: Year-round family-member led support groups with a special focus on supporting parents & caregivers of youth.	Family Support Partners: Family Support Partners (FSPs) help families with youth and young adults who live with a mental health condition find hope, feel supported and connect with effective community supports, services and treatment options.
COMMUNITY	NAMI In Our Own Voice: 90-minute public presentation featuring personal stories of recovery and hope. Available for civic groups, healthcare providers, CIT, workplace and other organizations and groups.	Help Line: Individual-peer and family member volunteers listen compassionately and provide information about local community resources. Monday – Friday. Call 571.458.7310 or Email info@nami-nova.org	Monthly Meetings: Members and friends meet to socialize, learn about our programs, hear guest speakers, and participate in workshops. Open to the public. Details on our website under Programs/Monthly Meetings.

NAMI Northern Virginia is a local 501(c)3 non-profit dedicated to providing education and support programs throughout our community. We are independently funded and rely on the generosity of our local community to provide "life-changing" programs at no cost to participants! (We do not receive funds from the national and state offices of NAMI.)

For details, please visit us at www.NAMI-NorthernVirginia.org

Email: info@nami-nova.org

Number: (571) 458-7310

Year-round Support Groups

Programs are offered at no cost to participants. Please contact the group facilitator listed below before attending a group to confirm the meeting.

For an updated list of groups, please visit our website: www.NAMI-NorthernVirginia.org

NAMI Connection Recovery Support Groups (for adults living with a mental health condition)

<p>ARLINGTON Connection Group: Meets the 1st and 3rd Saturday each month; 10:15AM - 11:45AM Location: Virginia Hospital Urgent Care, (IOP Conference Room), 601 S. Carlin Springs Rd., Arlington, VA 22204 Contact: Tami (703)868-8530 or ttheiler.naminova@gmail.com</p>	<p>FAIRFAX-FALLS CHURCH Connection Group: Meets the 2nd & 4th Thursday each month; 7:15PM - 8:45PM (NEW) Location: Merrifield Center, (Conference Room in Peer Resource Center), 8221 Willow Oaks Corporate Dr, Fairfax, VA 22031 Contact: Tami (703)868-8530 or ttheiler.naminova@gmail.com</p>	<p>STERLING Connection Group: On pause until further notice</p>
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NAMI Family Support Groups (for family members, partners and friends of individuals living with a mental health condition)

<i>Support Groups for Adult Family Members</i>		<i>Support Groups for Parents & Caregivers of Youth</i>
<p>ALEXANDRIA Family Support Group Meets: 2nd Wednesday of each month, 7:30PM - 9:00PM Location: First Christian Church, 2723 King Street, Alexandria, VA Contact: John Gulka (571) 451-0773 alexnamifocusfsg@gmail.com</p>	<p>FALLS CHURCH Family Support Group (focus: Borderline Personality Disorder) Meets: 3rd Tuesday of each month, 7:30 PM - 9:30 PM Location: Northern Virginia Mental Health Institute, 3302 Gallows Road, Falls Church, VA Contact: Cathy at (703) 477-7050 mirchfam@aol.com</p>	<p>ARLINGTON Family Support Group (focus: parents of young adults) Meets: 3rd Sunday of each month, 1:00 PM -2:30 PM Location: Trinity Presbyterian Church, 5533 N. 16th Street, Arlington, VA (16th & N. Inglewood) Contact: Naomi (703) 862-9588</p>
<p>ARLINGTON Family Support Group Meets: 4th Tuesday of each month, 7:30 PM – 9:00 PM Location: Mt. Olivet United Methodist Church (Basement Meeting Room), Glebe Rd. and N. 16th St., Arlington, VA Contact: Frank (703) 760-8988</p>	<p>FALLS CHURCH Family Support Group (focus: young adults family members) Meets: 1st Monday of each month, 7:30 PM -9:00 PM Location: Saint Mary's Orthodox Church (Parish Hall), 7223 Roosevelt Ave, Falls Church, VA Contact: Christina at Christina.jatras@gmail.com</p>	<p>ARLINGTON Family Support Group (focus: parents of youth) Meets: 2nd & 4th Sunday of each month, 7:00 PM - 8:30 PM Location: Cherrydale Baptist Church (Room 118, Lower Level), 3910 Lorcom Lane, Arlington, VA Contact: Naomi at (703) 862-9588</p>
<p>BURKE Family Support Group Meets: 4th Wednesday of each month, 7:30 PM – 9:00 PM, Location: Church of the Nativity (All Purpose Room), 6400 Nativity Lane, Burke, VA 22015 Contact: Joe at (703) 477-5332 FJPettit@me.com</p>	<p>OAKTON Family Support Group Meets: 1st Thursday of each month, 7:30 PM - 9:30 PM Location: The Unitarian Universalist Congregation of Fairfax (Program Building Rm 9), 2709 Hunter Mill Rd, Oakton, VA Contact: Joanna at (703) 620-2633 joannaw.walker@gmail.com</p>	<p>FAIRFAX Family Support Group (focus: parents of youth) Meets: 2nd Thursday of each month, 7:30PM – 9:00 PM, Location: Providence District Community (Arts and Crafts Room), 3001 Vaden Dr. Fairfax, VA Contact: Heather (703) 362-4985 daviesva@gmail.com</p>
<p>CLIFTON Family Support Group Meets: 3rd Saturday of each month, 10:00AM – 11:30AM Location: Lord of Life Lutheran Church (Classroom #2), 13421 Twin Lakes Drive, Clifton, VA 20124 Contact: Lynn (703) 508-1365 lynn.naminova@gmail.com or Isabelle (571) 306-0387 isabelle.naminova@gmail.com</p>	<p>RESTON Family Support Group Meets: 3rd Tuesday of each month, 7:00 PM - 8:30PM Location: Northwest Mental Health Center (2nd Floor, Suite 600), 1850 Cameron Glen Drive, Reston, VA Contact: Gordon (703) 901-7649 gdean99@gmail.com</p>	
<p>FAIRFAX Family Support Group in Spanish Meets: 4th Wednesday of each month, 7:00 PM - 9:00 PM Location: Merrifield Center (Room# 1-328), 8221 Willow Oaks Corporation Dr. Fairfax VA 22031 Contact: Rosita (703) 256-7021 r.arancibiakline45@gmail.com</p>	<p>VIENNA Family Support Group Meets: 2nd & 4th Saturday of each month, 9:00 AM – 10:30 AM Location: Our Lady of Good Counsel (Starting Sept. meeting will meet in Aviat Room in St. Joseph Building), 8601 Wolftrap Road, Vienna, VA Contact: Anna (423) 400-1807 annanorth12@gmail.com or Florida (703) 938-8627 fbroussard1@cox.net</p>	
<p>FAIRFAX Family Support Group (focus: family members of individuals who are justice-involved) Meets: 3rd Thursday of each month, 7:30PM – 9:00 PM, Location: Fairfax United Methodist Church, (Room 310), 10300 Stratford Ave, Fairfax, VA 22030 Contact: Gordon (703) 901-7649 gdean99@gmail.com or Joanna (703) 620-2633 joanna.naminova@gmail.com</p>		<p>If you are interested in becoming a program facilitator, please download an application from our website at www.nami-northernvirginia.org (see Programs / Leadership & Training). Send completed application to info@nami-nova.org. For questions, contact us at info@nami-nova.org or (571) 458-7310</p>