

Program Schedule 01/01/2021 - 01/06/2021

Visit www.namistl.org for more information about Online Programming.

Friday 01/01/21	Saturday 01/02/21	Sunday 01/03/21	Monday 01/04/21	Tuesday 01/05/21	Wednesday 01/06/21
No Programming	No Programming	Online Connection Recovery Support Group For adults (18+) living with mental health conditions. 2:00pm-3:30pm <u>Register here!</u>	Online Connection Recovery Support Group For adults (18+) living with mental health conditions. 6:30pm-8:00pm <u>Register here!</u>	Online Connection Recovery Support Group For adults (18+) living with mental health conditions. 6:30pm-8:00pm <u>Register here!</u>	No Programming




Program Schedule 01/07/2021 - 01/12/2021

Visit www.namistl.org for more information about Online Programming.

Thursday 01/07/21	Friday 01/08/21	Saturday 01/09/21	Sunday 01/10/21	Monday 01/11/21	Tuesday 01/12/21
<p>Get to Know NAMI St. Louis For anyone in the community that would like to learn about what services NAMI St. Louis offers.</p> <p>12:00pm - 1:00pm <u>Register here!</u></p> <p>Online Family Support Group For family members, friends, loved ones of adults with mental health conditions.</p> <p>7:30pm - 9:00pm <u>Register here!</u></p>	No Programming	No Programming	<p>Online Connection Recovery Support Group For adults (18+) living with mental health conditions.</p> <p>2:00pm-3:30pm <u>Register here!</u></p>	<p>Online Family Support Group For family members, friends, loved ones of adults with mental health conditions.</p> <p>6:00pm - 7:30pm <u>Register here!</u></p> <p>Online Connection Recovery Support Group For adults (18+) living with mental health conditions.</p> <p>6:30pm-8:00pm <u>Register here!</u></p>	<p>Family Support Group Webster Groves For family members, friends, loved ones of adults with mental health conditions.</p> <p>6:30pm - 8:00pm <u>Click here for more information!</u></p>

Program Schedule 01/13/2021 - 01/18/2021

Visit www.namistl.org for more information about Online Programming.

Wednesday 01/13/21	Thursday 01/14/21	Friday 01/15/21	Saturday 01/16/21	Sunday 01/17/21	Monday 01/18/21
No Programming	2nd Thursday Wellness Series For anyone in the community that would like to learn about the monthly topic. Topic: Building Happiness and Mindfulness Habits Speaker: Desirae Rowan, LMSW (Places for People) 12:00pm - 1:00pm Register here!	No Programming	No Programming	Online Connection Recovery Support Group For adults (18+) living with mental health conditions. 2:00pm-3:30pm Register here!	Online Connection Recovery Support Group For adults (18+) living with mental health conditions. 6:30pm - 8:00pm Register here!
					<p><i>Happy MLK Jr. Day!</i></p> 



St. Louis

HelpLine open 7 days a week 9am-5pm.
Call 314-962-4670 or email
info@namistl.org

Program Schedule 01/19/2021 - 01/24/2021

Visit www.namistl.org for more information about Online Programming.

Tuesday 01/19/21	Wednesday 01/20/21	Thursday 01/21/21	Friday 01/22/21	Saturday 01/23/21	Sunday 01/24/21
<p>Family & Friends Seminar For anyone in the community that would like to learn about what services NAMI St. Louis offers.</p> <p>9:00am - 11:00am <u>Register here!</u></p> <p>Online Connection Recovery Support Group For adults (18+) living with mental health conditions.</p> <p>6:30pm-8:00pm <u>Register here!</u></p>	<p>Online Basics Support Group 6-week educational course for parents/caregivers that have a child under 18 with a mental health condition.</p> <p>7:00pm - 8:30pm <u>Register here!</u></p>	<p>Get to Know NAMI St. Louis For anyone in the community that would like to learn about what services NAMI St. Louis offers.</p> <p>12:00pm - 1:00pm <u>Register here!</u></p> <p>Online Family -to-Family Program 8-week educational course for family members, friends, loved ones of adults with mental health conditions.</p> <p>01/21/21 thru 03/11/21 6:00pm - 8:30pm <u>Register here!</u></p> <p>Online Family Support Group For family members, friends, loved ones of adults with mental health conditions.</p> <p>7:30pm - 9:00pm <u>Register here!</u></p>	<p>More Than Sad: A Presentation about Depression For anyone in the community that would like to learn about mental health.</p> <p>12:00pm - 1:00pm <u>Register here!</u></p>	<p>No Programming</p>	<p>Online Connection Recovery Support Group For adults (18+) living with mental health conditions.</p> <p>2:00pm-3:30pm <u>Register here!</u></p>

Program Schedule 01/25/2021 - 01/30/2021

Visit www.namistl.org for more information about Online Programming.

Monday 01/25/21	Tuesday 01/26/21	Wednesday 01/27/21	Thursday 01/28/21	Friday 01/29/21	Saturday 01/30/21
<p>Online Family Support Group For family members, friends, loved ones of adults with mental health conditions.</p> <p>6:00pm - 7:30pm <u>Register here!</u></p> <p>Online Connection Recovery Support Group For adults (18+) living with mental health conditions.</p> <p>6:30pm-8:00pm <u>Register here!</u></p>	No Programming	<p>Family & Friends Seminar For anyone in the community that would like to learn about what services NAMI St. Louis offers.</p> <p>9:00am - 11:00am <u>Register here!</u></p> <p>Online Basics Program 6-week educational course for parents/caregivers that have a child under 18 with a mental health condition.</p> <p>01/27/21 thru 03/03/21 6:30pm - 9:00pm <u>Register here!</u></p>	<p>Online Family -to-Family Program 8-week educational course for family members, friends, loved ones of adults with mental health conditions.</p> <p>01/21/21 thru 03/11/21 6:00pm - 8:30pm <u>Register here!</u></p>	No Programming	No Programming