NAMI Basics OnDemand is an adaptation of NAMI Basics and is a free, six-session online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. You’ll learn the facts about mental health conditions and how best to support your child at home, at school and when they’re getting medical care.

The course is taught by a trained team with lived experience—they know what you’re going through because they’ve been there. The 6-session program provides critical strategies for taking care of your child and learning the ropes of resiliency and recovery.

ONLINE PROGRAMMING

NAMI FAMILY SUPPORT GROUP FOR PARENTS OF CHILDREN 17 AND UNDER- NEW!

This is a free, peer led support for parents of children living with mental health challenges. Our NAMI Family Support Groups offer a confidential space to share and gain sincere uncritical acceptance from others with similar experiences.

When: 1st and 3rd Wednesdays of the month from 7:00 pm – 8:00 pm. via Zoom.
If interested, please email mwalsh@namivirginia.org for the link.

CHILDREN’S CHALLENGING BEHAVIORS (CCB)

NAMI Virginia has adapted this in person workshop to be offered online. Children’s Challenging Behaviors provides education and support for parents of children living with mental health challenges. Parents learn when and how to seek help, develop parenting strategies, learn the ins and outs of special education and other educational supports, and discover community resources available to families and youth.

The course is led by trained and experienced parents who provide information to help other parents understand typical behaviors versus challenging behaviors that require intervention. CCB will be taught on Zoom over the course of 3 days with 2-hour classes.

NAMI BASICS ON DEMAND

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ONLINE PROGRAMMING FOR YOUTH AND YOUNG ADULTS

GUIDED SELF CARE

This is a twice monthly, one-hour long activity based group for both YA and Youth. Facilitators will guide the group through a new self-care practice as the participants partake in the practice. During the final 20 minutes, the group will discuss how they felt during the practice and how their self-care routine has gone over the previous week.

When: The 2nd and 4th Mondays of the Month from 6pm-7pm

STAY IN AND STAY BUSY

This event is held on Zoom and focuses on creative ways to make a difference during social distancing while sharpening your own personal leadership approach in a safe environment with your peers. Topics include but are not limited to, using your lived experience, remote volunteer projects, community engagement, and leadership.

When:
- 1st and 3rd Wednesdays for Youth (14-17) 7:00 pm-8:00 pm
- 2nd and 4th Wednesdays for Young Adults 7:00 pm-8:00 pm

FILM AND FRIENDS

This a weekly film screening that allows all participants to view that same movie in real time through a shared link created by the Netflix Party on Google Chrome. This is limited to 15 participants per viewing party and allows movie goers to respond to one another in a chat box for all to view. The goal is to relax and have fun while viewing a film with individuals who share similar lived experiences with mental health.

When:
- 1st and 3rd Fridays for Youth (14-17) 7:00pm-9:00 pm
- 2nd and 4th Fridays for young adults 7:00pm-9:00 pm