S.L.A.M. Group
In partnership with NAMI Coastal Virginia and UMFS, SLAM (Share, Learn, Aspire, and Mentor) Groups meet every Tuesday from 6-8 PM online. These groups are open to all 16-24-year-olds who have systems experience

To register: email Melvin at MROY@UMFS.ORG

Youth MOVE Online Programs

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Youth MOVE Youth and Young Adult Activities Groups
Youth MOVE online activity groups are for all, ages 14 -29. These groups are an opportunity to connect with other youth and young adults across the state and to participate in a variety of activities online. The youth group meets the 2nd Thursday of the month at 6:30 pm and the young adult group meets the 4th Thursday of the month at 6:30 pm.

To register: https://forms.gle/QKzPdHjmYwJ6wHP7A

Resiliency Training
Often in media, we hear the word "Resilient," but what does that really mean? Our Resiliency Training for youth and young adults explores how young people can use resiliency in their day-to-day lives. It also covers self-care and offers connection to young people. The next training date will be released soon. This training is open to ages 14-29.

To stay up to date on the next training, register for our waiting list: https://forms.gle/8BNSNegxVNNYtfg9

Advanced Youth Leadership Training
Our Advanced Youth Leadership Training has moved online to accommodate for the COVID-19 Pandemic. This done-in-a-day training is open to youth and young adults ages 14-29 who are interested in learning more about how to be a leader to the people around them.

Dates for the next training will be coming soon.

Please contact sfontaine@namivirginia.org for more information.

Youth MOVE Virginia is a contractual agreement between the Department of Behavioral Health and Developmental Services (DBHDS) and NAMI Virginia. Our mission is to support a grassroots peer network for youth and young adults to be empowered, active guides in their own care, while advocating for mental health policy and programs that are specific to their unique needs and experiences. We envision a culture that emphasizes community engagement, resiliency and unconditional support for youth and young adults throughout the state.