

Upcoming Mental Health Activities **in the** **Tri-Cities**

NAMI Peer-to-Peer beginning **Sat, September 21 through Sat, November 9th**. NAMI Peer-to-Peer is a Free 8-session recovery-focused course for adults with mental health conditions. It will be held **each Saturday 10 am- noon**. Light Refreshments served. Register at namitricities@gmail.com or call **509-578-1190**

For People living with a Mental Health Condition:

NAMI CONNECTION SUPPORT GROUP, Lourdes Counseling Center
Room 67, 6:30 pm, Sept. 4th and 18th,

More info click here: [NAMI Connection](#)

For People with a Loved One with a Mental Health Condition:

NAMI FAMILY SUPPORT GROUP, Lourdes Counseling,
Conference Room, 6:30 pm Sept 4th and 18th

More info click here: <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-Support-Group>

Free Adult Mental Health First Aid Class - Friday, Sept 13th

Learn how to help a family member, friend, coworker or neighbor experiencing a mental health crisis.

<https://www.eventbrite.com/e/adult-mental-health-first-aid-september-13-2019-tickets-52423412839>

Free SOS Signs of Suicide Prevention Program - Wed Oct 30th

Teaches parents and community members to identify signs and symptoms of depression and how to help.

<https://www.eventbrite.com/e/a-mothers-story-sos-signs-of-suicide-prevention-program-aug-28-2019-tickets-52638562357>