

Free NAMI Programs Now Online!

NAMI Connection Support Group

Support Group for adults with mental health conditions.

Register at: <http://namiut.2.vu/sg>

NAMI Family Support Group (English and Spanish)

Support Group for family members of loved ones with mental health conditions.

Register for English: <http://namiut.2.vu/sg>

Registrese en Español: <https://www.jotform.com/build/203017942455150>

NAMI Peer-to-Peer

8-week course for individuals with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

NAMI Family-to-Family (English and Spanish)

8-week course for those supporting loved ones with mental health conditions.

Classes starting soon!

Register for English: <http://namiut.2.vu/cc>

Registrese en Español: <https://form.jotform.com/201297536291054>

NAMI Basics (English and Spanish)

6-week course for those supporting children 18 and under with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

Registrese en Español: <https://form.jotform.com/201297536291054>

NAMI Utah Progression

6-week course for teens 13-18 years old with mental health conditions.

Classes starting soon!

Register at: <https://form.jotform.com/203496656956068>



For more information about NAMI Online programs please contact
Christene Finch, State Programs Coordinator for NAMI Utah at christene@namiut.org.
www.namiut.org | 801.323.9900 | Instagram: @NAMI_Utah | www.facebook.com/namiut

Free NAMI Seminars Now Online!

NAMI Family & Friends is a 90-minute seminar that informs and supports people who have loved ones with a mental health condition.

- **2nd and 4th Thursdays 7:00 – 8:30pm**

Register at: <https://form.jotform.com/201075680388156>

NAMI In Our Own Voice is a 60- minute interactive presentation that provides insight into what it's like to live with mental illness.

- **1st and 3rd Thursdays 7:00 – 8:00pm**

Register for English: <https://form.jotform.com/201075680388156>

Register for Spanish: <https://forms.gle/yPQ8KwQFpje8MC7J6>

QPR: Question, Persuade, Refer: is a 90- minute interactive training that provides the basics to suicide prevention.

- **3rd Thursdays 12:00 – 1:30pm**

Register at: <http://namiut.2.vu/qpr>



Contact us to schedule a seminar for a group you're involved with!

For more information please contact Victoria at victoria@namiut.org or call 385-246-5931

www.namiut.org | 801.323.9900 | Instagram: @NAMI_Utah | www.facebook.com/namiut