



NAMI Southwest Ohio

UPCOMING

CLASSES & SUPPORT GROUPS

Check Out Our Upcoming Events this Year!

January March
4 - 1

Family-to-Family

A no-cost 9-week course for family, caregivers, and friends of individuals living with mental illness held virtually via Zoom Wednesdays from 6:30 PM - 9 PM.

January March
18 - 8

Peer-to-Peer

A free, 8-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery held virtually via Zoom Wednesdays from 6 PM - 8 PM.

Register online TODAY:

February April
9 - 6

Family-to-Family

A no-cost 9-week course for family, caregivers, and friends of individuals living with mental illness held in-person Thursdays from 6:30 PM - 9 PM.

541 Main St, Milford, OH 45150



For more information:

513.351.3500 or www.namiswhoh.org/calendar/