

Does your loved one have a mental illness such as clinical depression, bipolar disorder, PTSD or schizophrenia?

The National Alliance for Mental Health (NAMI) Rensselaer County is committed to empowering people living with mental illness at all levels of recovery by offering hope, assistance, and education.

NAMI promotes research, fosters understanding and combats discrimination and stigma through outreach to the community.

## CONTACT US

We value our members. If you have questions or concerns, please feel free to let us know.

Find our most current program calendars online at:  
[www.namirensco.org](http://www.namirensco.org)

**Mailing address:**

NAMI Rensselaer County, Inc.  
PO Box 397  
West Sand Lake, NY 12196

**Phone:** (518) 588-6949

**Email:** [namirensco@gmail.com](mailto:namirensco@gmail.com)

**Find us on Facebook**

NAMI Rensselaer County



## SUPPORT EDUCATION HOPE



*Improving lives of families and caregivers affected by mental illness in Rensselaer and surrounding counties.*

# WE ARE HERE FOR YOU

*Support programs are always free.*

## FAMILY SUPPORT GROUP

Family members meet for support in a group experience. Our main focus is how to take care of ourselves while caring for our loved ones.

**First and the Third Wednesday of each month.**

Time: 6:30-8:00 p.m.

University at Albany School of Public Health, One University Place, Rensselaer, NY

**Second and Fourth Tuesday of each month.**

Time: 6:00- 7:30 p.m.

Church of Latter Day Saints, 420 New Scotland Ave, Albany NY 1220

## CONNECTION SUPPORT GROUP

Peer support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others.

**Second Wednesday of each month.**

Time: 6:00-7:30 p.m.

University at Albany School of Public Health, One University Place, Rensselaer, NY

## BASICS & FAMILY TO FAMILY

NAMI signature programs provide support and practical insights for families. They are taught by family members having lived similar experiences with their loved ones.

- **Basics**—for parents and caregivers of children and adolescents with mental illness. 6 week program.
- **Family to Family**—lecture series for family members of adults with mental illness. 12 week

## PEER TO PEER

For those with serious mental illness interested in establishing and maintaining wellness and recovery. 10-week lecture series

## IN OUR OWN VOICE

A unique public education program developed by NAMI, in which two trained individuals with brain disorders share compelling personal stories about living with mental illness and achieving recovery.

## HEARTS & MINDS

Online, interactive, educational initiative promoting wellness in both mind and body.

## PARENTS & TEACHERS AS ALLIES

An in-service mental health presentation for current and future school personnel. Educators become familiar with the early warning signs of mental illness in children and adolescents and learn how to support students experiencing mental health challenges.

## FAITHNET

Outreach to faith communities to help leaders and congregations understand mental illness better and its effect on the whole family. Designed to build bridges between spirituality and community support systems.

## HOMEFRONT

For family, caregivers and friends of military service members/veterans living with mental illness. 6 weeks.

## JOIN US

Your membership helps us make a difference and includes membership with NAMI national and NAMI New York State. Members receive notice of events, news, special programs, support, advocacy and legislative updates.

- Household membership (\$60.00)  
List Names in household  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I wish to join for one year.  
Annual dues — \$40.00
- \$5.00 Open Door membership is available to those who can't afford annual dues. SAME BENEFITS as full membership.

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Make checks or money orders payable to **NAMI Rensselaer County** and mail this section and your payment to:

NAMI Rensselaer County, Inc.  
PO Box 397, West Sand Lake, NY 12196

You can also become a member online: [www.namirensco.org](http://www.namirensco.org)

*Visit [www.namirensco.org](http://www.namirensco.org) for events, support resources and program updates.*