



At this local level of NAMI, we are all volunteers. The contact information below is to our personal phones. Do not be startled if you get a personal voice mail greeting rather than an business greeting. Just leave a message and we will call back.

### Support Groups

One **NAMI Family Support Group – Winston Salem, NC** meets on the 2<sup>nd</sup> Tuesday of each month beginning at 7:00 pm. The group meets at Highland Presbyterian Church, 2380 Cloverdale Avenue, Winston-Salem NC 27103. This group is facilitated by Louise Whealton and Liza Tamer. Contact Louise Whealton at 336-744-0370 or at [lwhealton@gmail.com](mailto:lwhealton@gmail.com) to have your email address added to our Reminder List.

Another **NAMI Family Support Group – Mocksville NC** meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month beginning at 5:45 pm. This group meets in Davie County at The Wellness Center, 142 Gaither Street, Mocksville, NC, 27028. Julie Whittaker is the facilitator. Contact Julie at 336-751-5441 or at [missjulieysl@gmail.com](mailto:missjulieysl@gmail.com). Contact Louise Whealton at 336-744-0370 or at [lwhealton@gmail.com](mailto:lwhealton@gmail.com) to have your email address added to our Reminder List.

### Educational Classes

**NAMI Family-to-Family** is a powerful educational course offered once a year. During its 12 sessions family members learn about the major mental illness and proven ways to support their loved ones. For more information, contact Liza Tamer at 336-406-3654 or [lizatamer@gmail.com](mailto:lizatamer@gmail.com) or Louise Whealton at 336-744-0370 or [lwhealton@gmail.com](mailto:lwhealton@gmail.com).

**NAMI Basics** is an educational course for the parents of children who have a mental illness. It meets once a week for 6 weeks. For more information, contact Julie at 336-751-5441 or at [missjulieysl@gmail.com](mailto:missjulieysl@gmail.com).

**CIT** (Crisis Intervention Training) is an educational program for law enforcement and security officers. NAMI NW Piedmont co-sponsors this 40-hour long class with The Mental Health Association and Cardinal Innovations. To volunteer to assist with this valuable training, contact Louise at 336-744-0370 or at [lwhealton@gmail.com](mailto:lwhealton@gmail.com).

**NAMI In Our Own Voices** is an hour-long presentation appropriate for church, civic and social organizations. It can also be inspirational as staff training for providers. To schedule a program by our local presenters, contact Glenda at [connect2glenda@gmail.com](mailto:connect2glenda@gmail.com) or at 336-941-3036.

For more information about NAMI in North Carolina,

- Log on to [www.naminc.org](http://www.naminc.org)
- Click on "Your Local NAMI."
- Scroll down below the map of NC. Click on the county you live in.