



National Alliance on Mental Illness

NAMI

North Texas



Fall Class Registration

OPEN NOW!

Invest in your mental health this fall! We are thrilled to introduce our upcoming Fall Class Schedule, offering you a golden opportunity to prioritize individual growth, methods on how to cope, and how to help your loved ones with mental health conditions.

Life can be demanding, and we understand the importance of taking care of your mental health. That's why we are excited to announce a range of no cost, mental health classes tailored to empower you with practical tools and resources to navigate life's challenges. Whether you're seeking to ways to cope, boost your resilience, or enhance your emotional intelligence, our diverse selection of classes has something for everyone.

Can't make it to the classes? No worries! We've got you covered with our free support groups. Connect with a compassionate community where you can share your journey, find comfort, and exchange insights with others who understand.

Mark your calendars for our fall class sessions! Below is our class schedule, if these dates or times do not work for you check back later as additional classes may get added. Support group dates and timings, can be found on our website down below! In the meantime, feel free to reach out to us with any questions or inquiries.

Fall Class Registration

Family-to-Family

NAMI Family-to-family is a free program, offered by NAMI North Texas. It is an 8-week course for family members of adults living with a mental health condition. Fall Schedule down below:

Family-to-Family | Virtual | 6:00 pm | every Monday beginning, 9/18 |

Family-to-Family | Canyon Creek Presbyterian Church | 6:00 pm | every Wednesday beginning, 9/20 |

De Familia a Familia | Virtual | 11:00am | every Saturday beginning, 9/9 |

Peer-to-Peer

NAMI Peer-to-Peer is a free program, offered by NAMI North Texas. It is an 8-week course that helps adults with mental illness learn more about their condition and treatment options. Fall Schedule down below:

Peer-to-Peer | Virtual | 6:00pm | every Thursday beginning, 9/21 |

Basics

NAMI Basics is a free, six session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. Fall Schedule down below:

Basics | Vanguard Prep School | 6:00 pm | every Thursday beginning, 9/7 |

Fall Registration

Support Group Schedule



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