

Mental Health Education and Support

NAMI, The National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building lives for the millions of Americans affected by mental illness. NAMI Greater Corpus Christi is an affiliate of NAMI Texas. NAMI Greater Corpus Christi raises awareness and provides free education, advocacy, and support programs for people in our community living with mental illness, their families and friends.

Monthly Speaker Series - Open to the Public – 3rd Thursdays of the month 5:30 to 7:00 PM – Conference Center behind Doctors Regional Hospital, 3420 Ft Worth St, Corpus Christi, TX 78411 Featuring various speakers and topics related to mental health and wellness. Snacks Provided.

NAMI Connection Support Group – a recovery and wellness support group for adults 18+ living with mental health conditions. Walk-ins welcomed.

- 2nd and 4th Thursdays - 6:00 - 7:30 PM
Family Counseling Service, Ste. 218, 3833 S. Staples, Corpus Christi, TX 78411
- 1st and 3rd Fridays - 7:00 - 8:30 PM
Our Lady of Perpetual Help Church, Youth Center, 5830 Williams Dr., Corpus Christi

NAMI Family Support Group – a support group for family members and friends of individuals living with mental health conditions. 18+ Walk-ins welcomed.

- 1st and 3rd Fridays - 7:00 to 8:30 PM
Our Lady of Perpetual Help Church, Room 1, 5830 Williams Dr., Corpus Christi

NAMI Family-to-Family – a 12-week educational class for family members and friends of individuals living with a mental health condition. Gain a better understanding of mental illness and learn how to best support your loved one. Registration Required.

NAMI Basics – a 6-week educational class for parents and other primary caregivers of children and teens experiencing signs of behavioral issues or mental health concerns or have a diagnosis. Learn how to manage crises, communicate effectively and advocate for your child's rights in school. Registration required.

NAMI Family & Friends – New - a 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Learn about diagnoses, treatment, communication strategies and NAMI Programs.

All programs are offered at no-cost.

Email: info@namigcc.org Call or Text: 361-510-6939
www.namigcc.org (local) - www.namitexas.org (state) - www.nami.org (national)
