



## Programs & Virtual Meetings

### Support Groups

#### NAMI Connection Recovery Support Group

NAMI Connection is a support group for people with mental health conditions.

##### **Meeting Dates:**

Mondays from 4 PM - 5 PM

<https://us02web.zoom.us/j/87167943176>

Tuesdays from 4 PM - 5 PM

<https://us02web.zoom.us/j/82748726789>

Wednesdays from 5 PM - 6 PM

<https://us02web.zoom.us/j/83808821314>

Thursdays from 11 AM - 12 PM

<https://us02web.zoom.us/j/85995651787>

Fridays from 12:30 PM - 1:30 PM

<https://us02web.zoom.us/j/83499624229>

#### NAMI Family Support Group

NAMI Family Support Group is a support group for family members, significant others, and friends of people with mental health conditions.

##### **Meeting Dates:**

First Saturday of Month from 10 AM - 11:30 AM

<https://us02web.zoom.us/j/87339008319>

Third Saturday of Month from 10 AM - 11:30 AM

<https://us02web.zoom.us/j/89702823918>

Second & Fourth Monday of Month from 7:30 PM - 9 PM

<https://us02web.zoom.us/j/83271524155>

Second Tuesday of Month from 6:30 PM - 8 PM

<https://us02web.zoom.us/j/86201766701>

Third Tuesday of Month from 7 PM - 8:30 PM

<https://us02web.zoom.us/j/89032937256>

First Wednesday of Month from 7 PM - 8:30 PM (in Spanish)

<https://us02web.zoom.us/j/89246834816>

#### Healthy, Optimistic People Enjoying Life (H.O.P.E.) Group

H.O.P.E. Group for young adults is a place where people ages 18 to 35 years old who are living in recovery can get together to have fun and enjoy life. The group meets every Friday at 2 PM to have fun and enjoy activities. For more information, please call 954-316-9907 or email [NAMIBroward@gmail.com](mailto:NAMIBroward@gmail.com).

## Education Programs

### NAMI Family-to-Family

NAMI Family-to-Family is a free, 8-session educational program for family, significant others, and friends of people with mental health conditions.

### NAMI Peer-to-Peer

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

## Trainings

### Mental Health First Aid for Adults (MHFA)

MHFA teaches how to identify, understand and respond to signs of Mental Illness Disorders. This class is taught by local health MHFA instructors throughout the year.

### Guardian Advocate Training

A "Guardian Advocate," under Florida Statutes Chapter 394, more commonly known as "The Baker Act," is a court-appointed individual who communicates and collaborates with a patient, his or her attending psychiatrist, as well as the entire treatment team of mental health professionals, to advocate for the best interest of the patient during his or her stay at a hospital.

**For information on Education Programs  
and Trainings, please call 954-316-9907  
or email [NAMIBroward@gmail.com](mailto:NAMIBroward@gmail.com).**

