NAMI Kentucky Virtual Support Groups (December)

Revised December 30, 2021

NAMI KY is continuing to offer virtual support groups during the Covid-19 epidemic. Currently, the following affiliates are offering virtual support groups for Connection and Family Support Group. This list contains those affiliates that are using a virtual software whereby they must be contacted to access the support group. We have listed contact names, phone numbers and email addresses. If you have any questions, contact Melony at NAMI Kentucky: namikyed@gmail.com or 859-550-6628.

All of the NAMI Connection and Family Support Group Meetings are open to the public. Members and non-members are permitted to attend meetings offered by other affiliates for time and day of the week convenience.

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**NAMI Louisville**: Family Support Group, meets the 3rd Thursday of every month at 7 PM/ via Zoom. Contact Facilitators to obtain the ZOOM link: DK Sharma (502-500-3841) or dksharma9814@gmail.com.

FB Link: https://www.facebook.com/events/2954796898092070/

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**NAMI Louisville**: Young Adults Connection Group, Every 2nd Tuesday of the month at 5:00PM, EST, this group meets. Facilitators are Briceson Jones (briceson.jones@namilouisville.org) & Nick Alexander (nca12@my.fsu.edu)  Click here to join the meeting: ([Click Here to Join Meeting](https://us02web.zoom.us/j/75579792658?pwd=c09hYXZHalhSUnZBankrSlZBblVCUT09)) Meeting ID: 755 7979 2658, Password: NAMI

FB link: https://www.facebook.com/events/585004305973834/

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**NAMI Louisville:**  Connection Support Group, Jennifer Jarret (502-648-1564 or jennkwando@gmail.com) or Judith Gaddie (502-450-0413 or 2900atsf@gmail.com), the Connection Facilitators. This Connection support group meets every Monday at 6:00pm and every Thursday at 12 noon. Contact Jennifer or Judith for an invitation to join either of these support group meetings.

FB Link: https://www.facebook.com/events/347455147119401

FB Link: https://www.facebook.com/events/553349565924801

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**NAMI Louisville:** Connection Support Group-This group meets every Thursday from 5pm to 6pm, EST, on ZOOM. Contact facilitators Chastity and Dante Murry for the ZOOM link at: Dante dante.murry@gmail.com (502-365-7830) & Chastity chastityj344@gmail.com (270-307-6327)

FB Link: https://www.facebook.com/events/276544357806625/

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**NAMI Louisville:** Family Support Group-This group meets every Monday from 6pm to 7pm, EST, on ZOOM. Contact the facilitators Dante and Chastity Murry for the ZOOM link at: dante.murry@gmail.com (502-365-7830) & chastityj344@gmail.com (270-307-6327).

FB Link: https://www.facebook.com/events/1065140144238993/

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**NAMI Mountain Region, Wolfe, & Hazard:** Connection Support Group, meets the 2nd and 4th Thursdays 10 - 11:30 AM EST on Webex. Contact Mary Prater, (606-253-8039 or mary.prater@mtcomp.org) or Marcia (marcia.morgan@mtcomp.org) for a meeting invitation at the above contact information. NAMI Mountain is covering also NAMI Wolfe County and NAMI Hazard as well. We welcome those members to attend this virtual Connection support group.

FB: https://www.facebook.com/events/291866289192352/

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**NAMI Mountain Region, Wolfe & NAMI Hazard:** Family Support Group, meets the 3rd Monday of every month from 5PM to 6PM, EST via Webex. Contact Mary Prater (606-253-8039 or mary.prater@mtcomp.org) or Marcia Morgan (Marcia.Morgan@Mtcomp.org) for access to this support group meeting. NAMI Mountain is covering also NAMI Wolfe County and NAMI Hazard as well. We welcome those members to attend this Family Support group support group.

FB: https://www.facebook.com/events/236545278491830

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**NAMI Murray and Paducah:** Family Support Group, meets the 3rd Thursday of every month from 6:30PM - 7:45 PM CDT via Zoom. Contact the FSG Facilitator, Brenda to obtain the ZOOM link at: (270-748-6133). NAMI Murray is covering NAMI Paducah and we welcome NAMI Paducah members to attend. Contact Brenda only for the ZOOM link. The other facilitators may be contacted for affiliate information.

Brenda Benson 270-748-6133 or brenda.benson@murraystate.edu (NAMI Murray)

Jim Benson (NAMI Murray)

Janice Morgan 606-356-2676 or janice1613@att.net (NAMI Murray)

FB: https://www.facebook.com/events/207547638112418

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**NAMI Lexington-**Family Support Group meets the first Monday of the month from 7:00 pm – 8:30 pm, EST. Contact Tracy to obtain the ZOOM link at: tracynamilex@gmail.com or call Tracy at 859-272-7891.

FB: https://www.facebook.com/events/351358952598199/

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**NAMI Lexington:**  Family Support Group meets the second Tuesday of the month from 6:30 pm – 8:00 pm. To receive the link for this virtual support group, contact Tracy Jacobson at: tracynamilex@gmail.com or call 859-272-7891.

FB: <https://www.facebook.com/events/1066799940444501/>

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**NAMI Lexington:** Connection Support Group meets virtually every Sunday at 2:30PM. To attend this support group, please connect with Valerie Mudd at valeriemudd@gmail.com or go to the following link: [www.namilexington.org/tracks](http://www.namilexington.org/tracks) or call Valerie at 859-272-7891.

FB: https://www.facebook.com/events/660397727882766/

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**NAMI Lexington:**  Anxiety Workshop meets virtually every Saturday at 10:00AM. To attend this support group, please connect with Valerie Mudd at valeriemudd@gmail.com or go to the following link: [www.namilexington.org/tracks](http://www.namilexington.org/tracks) or call Valerie at 859-272-7891.

**FB:** https://www.facebook.com/events/2777303519208883/

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**NAMI Lexington Young People’s Connection Support Group:** This is a group for those as young as 18 to mid-30’s. This groups is facilitated by Tracy of NAMI Lexington, and it meets virtually the third Thursday of the month from 6:30 pm -7:30 pm. To access this support group meeting, email Tracy at tracynamilex@gmail.com. She will put you on the listserv to receive monthly group reminders.

FB:

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**Northern KY**: Connection Support Group, meets every Thursday from 11:00AM to 12:00 NOON PM EDT vitrually and at the Carriage House at Lakeside Presbyterian Church together. The address for the church is 2690 Dixie Hwy, Lakeside Park, KY 41017. The support group is held in the nursery and the affiliate asks that you enter via the pre-school entrance on Marian Drive. To obtain access virtually, contact Dorothy at dbest1954@yahoo.com or via phone at 513-205-4118 or Susan at 859-308-9212 or via email: sblfaris@fuse.net.

FB: https://www.facebook.com/events/231903635651887

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**Northern KY**: Family Support Group meets the 1st and 3rd Tuesday of the month virtually and also at the Carriage House at the Lakeside Presbyterian Church, 2690 Dixie Hwy, Lakeside Park, Ky 41017. They are offering a hybrid model and all COVID 19 and Variant precautions are in place. The meeting takes place in the nursery at the church, and they ask that you enter at the Pre-School entrance on Marian Drive. The times are from 7:00PM - 8:30 PM EDT. To obtain access virtually or if there are questions about NAMI NKY, contact Dorothy at dbest1954@yahoo.com or via phone at 513-205-4118 or Susan at 859-308-9212 or via email: sblfaris@fuse.net.

FB: https://www.facebook.com/events/1004023087053405/

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**Northern KY:** FOCAS (Families of Children & Adolescents with Mental Illness Support Group) is hosted every 1st and 3rd Tuesday of the month via ZOOM and in-person at the Carriage House at the Lakeside Presbyterian Church, 2690 Dixie Hwy, Lakeside Park, Ky 41017. They are offering a hybrid model and all COVID 19 and Variant precautions are in place. The meeting takes place in the nursery at the church, and they ask that you enter at the Pre-School entrance on Marian Drive. The times are from 7:00PM - 8:30 PM EDT. . To access this support group, contact Dororthy Best at dbest1954@yahoo.com  or call 513-205-4118. This group is for family members of children and adolescents with mental illness. Meet other Caregivers/Family Members/Friends going through the same struggles/issues of caring for someone with mental illness. Share stories, help one another, give advice/information on help, be a support system for one another.

FB: https://www.facebook.com/events/252258710155419

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The following support groups utilize the NAMI Kentucky Conference line or Microsoft Teams. For the Microsoft Teams access, one will have to contact the facilitator via email or telephone. We have one affiliate that is hosting face to face support group meetings. Please abide by COVID 19 regulations.

All of the NAMI Connection and Family Support Group Meetings are open to the public. Members and non-members are permitted to attend meetings offered by other affiliates for time and day of the week convenience.

Revised December 30, 2021

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**NAMI Mayfield, Paducah, & Murray-** Connection Support Group, Facilitator: Nicole Champion 270-205-9848 or **nicole.champion@namiky.org**) This support group will be hosted the first Tuesday of the month from 6:00pm to 7:00pm, Central Standard Time. The support group is hosted via Microsoft Teams. To access the link, contact Nicole at 270-205-9848 or email: nicolerchampion@gmail.com. NAMI Mayfield is covering NAMI Paducah, & NAMI Murray for Connection Support Group. All members of these affiliates are welcomed to attend.

FB Link: https://www.facebook.com/events/409676303997385

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**NAMI Winchester, NAMI Heartland & NAMI Owensboro**- Family Support Group, Facilitator: Brenda Harrington (859-229-6843 or bebe1@bellsouth.net) This group meets virtually the first and third Mondays from 7:00PM to 8:00PM, EST. To join the support group, call 888-537-7715, access code: 37043982#. NAMI Winchester is covering NAMI Heartland (E-town & Bardstown) and NAMI Owensboro for FSG support. All members of NAMI Heartland and Owensboro are welcomed to attend this FSG meeting with NAMI Winchester.

FB Link: https://www.facebook.com/events/382106836900800/

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**NAMI Morehead & TRISTATE (Ashland)** – Family Support Group, Facilitator: Carol Mauriello

(606-548-4513 or camauriello@moreheadstate.edu) This support group will meet at the Rowan County Library starting August 10th, 2021 from 5:30PM to 7:00PM in person. FSG will meet the 2nd and 4th Tuesdays of every month. To join the support group telephonically, call 888-537-7715, access code: 37043982#. NAMI Morehead is covering NAMI TRISTATE for FSG support as well. All members of TRISTATE are welcomed to attend this meeting.

FB Link: https://www.facebook.com/events/383789623410653/

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**NAMI Green River, Somerset, Cumberland River (Mt. Vernon), London, Southeastern, Jackson, NAMI On Campus: EKU & UK** Connection Support Group, Facilitators: Steven Hoeck (steven.hoeck@yahoo.com or 606-282-3793 & Daniel Essek (**daniel.essek@outlook.com** or 606-545-2019). This Connection support group meets every Tuesday from 7pm to 8:15pm, E.S.T. To join the support group, contact Daniel or Steven to obtain access. NAMI Somerset and Southeastern are covering NAMI Jackson County, Cumberland River, Green River, London and both of our NAMI On Campus. All members of these affiliates are welcome to attend this Connection support group.

FB Link: [**https://www.facebook.com/events/745041269410231/**](https://www.facebook.com/events/745041269410231/)

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**NAMI Maysville Buffalo Trace**-Family Support Group, Facilitators: Sharon Darnell (sharon@namibuffalotrace.org or call 606-584-2716) This FSG meets virtually once a month the 2nd Tuesday from 6:00PM to 7:00PM, EST. This group is hosted via the conference line. To attend this meeting, one can call 888-537-7715 Access Code: 37043982#.

FB Link: https://www.facebook.com/events/1012057596256465/

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**NAMI Madison County-covering Danville, Scott County, Somerset, Cumberland River, Green River, London, Southeastern, Pike County, Hopkinsville, Madisonville & West Kentucky (Dixon)--**Family Support Group, Facilitators: Margaret Suters (mtsuters@gmail.com or 859-582-2613) & Rob Milde (859-893-5279 or rob.milde@gmail.com) This group meets the 2nd and 4th Tuesdays from 7pm to 8:30pm virtually via ZOOM. To access this Family Support group, contact Margaret or Rob for an invitation. NAMI Madison County is covering NAMI Danville, NAMI Scott County, NAMI Somerset, NAMI Cumberland River, NAMI Green River, NAMI London, NAMI Southeastern, NAMI Pike County, Madisonville, Hopkinsville, and West Kentucky. Members from all of these affiliates are welcomed to attend this FSG meeting.

FB Link: https://www.facebook.com/events/280213693766552

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**NAMI Madison County (Richmond & Berea) , Danville & Scott County**-Connection Support Group. Facilitators: Suzanne Fryman, Ellen Suters and Nikki Rothwell. This Connection support group is offered the 2nd and 4th Thursday of every month virtually from 7:00PM to 8:00PM, EST. This group is hosted virtually via Microsoft Teams. A facilitator from each affiliate represents one of the three: Ellen ( Madison County), Nikki (Danville), and Suzanne (Scott County). To receive an invitation to attend this meeting, contact one of the three facilitators: Niki Rothwell (859-319-9757 or email: nikkijrothwell@gmail.com), Suzanne Fryman ( 859-221-6879 or email: suzanne0632@att.net) or Ellen Suters (859-200-6642 or email: ellensuters1971@gmail.com).

FB Link: [**https://www.facebook.com/events/3468059946645025/**](https://www.facebook.com/events/3468059946645025/)

**NAMI Butler County, NAMI Pike County, West Kentucky (Dixon), Madisonville, & Hopkinsville**- Connection Support Group. Facilitators: Rebecca Coursey (rcoursey@lifeskills.com or (270) 772-2779) or Christy Havens (chavens4295@gmail.com or 270-999-0633) or Patty Fields ( patty.fields@yahoo.com or 606-422-2877). This group is hosted via Microsoft Teams the 1st and 3rd Tuesday of the month from 7:00PM to 8:00PM, Central Standard Time. Contact Rebecca or Christy to obtain an invitation to the support group or to learn more about NAMI Butler County. NAMI Butler County is covering NAMI Pike County, West Kentucky (Dixon), Madisonville and Hopkinsville. All members from these affiliates are welcome to attend this Connection Support Group.

FB Link: **https://www.facebook.com/events/1034054497353711**

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**NAMI Bowling Green (virtual)**- Connection Support Group. Facilitators: Rebecca Coursey (rcoursey@namikentucky.onmicrosoft.com or 270-883-0036) or Dr. Jay Gabbard at (samoansw@hotmail.com). This group meets the 3rd Tuesday of every month from 6:30 pm to 7:30pm, CST virtually. Email Rebecca or Dr. Jay to obtain the virtual link or call in number.

FB Link: https://www.facebook.com/events/997790631002239

**NAMI Bowling Green (in-person)**- Connection Support Group In Person. Facilitators: Rebecca Coursey (rcoursey@namikentucky.onmicrosoft.com or 270-883-0036) or Dr. Jay Gabbard at (samoansw@hotmail.com). This group meets the 1st Tuesday of every month from 5:30 pm to 6:30pm, CST virtually. This group meets at the Wellness Connection Building located at 428 Center Street, Bowling Green, Kentucky 42101. The support group will follow the guidelines set for protection of the COVID 19 and its variants set by the C.D.C. for group settings.

­FB: https://www.facebook.com/events/1313604805764476/

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Below are virtual trainings hosted by NAMI Kentucky. Please contact namikyed@gmail.com for more information. The virtual trainings for the NAMI Signature programs are limited unlike the face to face. Applications are first come, first serve. The NAMI signature trainings would be Connection and Family to Family Teacher Training. We do not charge a fee for our NAMI family members in other states to attend a virtual training. NAMI Smarts & Quorum and Choices in Recovery do not require a pre-registration application. To attend those one those trainings, please contact the contact person for a virtual link invitation. We will update this form monthly with changes.

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**NAMI Connection Facilitator Training** December 19th and 20th (9am to 5pm, EST both days) Must pre-register to take this training.

FB Link: <https://www.facebook.com/events/406530407391251/>

Website Link: <https://namiky.org/upcoming-virtual-nami-connection-facilitator-training/> (link includes the application)

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**NAMI Family to Family Teacher Training** January 22nd (9am to 4pm, EST) and January 23rd (9am to 3:30 pm, EST) Must pre-register to take this training by completing an intake form. This training will be taught by Liz Curtis and Anne Heard of NAMI Louisville.

FB Link: https://www.facebook.com/events/484795562915720

Website Link: <https://namiky.org/namiky-virtual-family-to-family-program/> (link includes application)

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**NAMI SMARTS & Quorum Training** December 3rd at 7:00PM to 8:15PM, EST Must pre-register by sending email to namikyed@gmail.com for a virtual invitation.

FB Link: <https://www.facebook.com/events/797501147771041/>

Website Link: https://namiky.org/upcoming-virtual-nami-smarts-quorum-training/

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**NAMI Kentucky & Jannsen Virtual Choices in Recovery** Wednesdays from 7PM to 8PM, EST 12/9/2020, 12/23/2020, 1/06/2021, 1/20/2021 and 2/03/2021 Must email namikyed@gmail for virtual invitation.

FB Link: <https://www.facebook.com/events/682854825993163/>

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**NAMI Kentucky & NAMI Iowa Virtual Peer to Peer Teacher Training** must pre-register to take this training by completing the intake form. This training is March 13th and 14th from 9:00AM to 5:00PM.

FB Link: [**https://www.facebook.com/events/1067823553667119/**](https://www.facebook.com/events/1067823553667119/)

**Webpage Link:** **https://namiky.org/nami-virtual-peer-to-peer-training-opportunity/**

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**Virtual NAMI Kentucky Microsoft Teams Training with Infused Innovations-**must pre-register to take this training by emailing namikyed@gmail.com. This training is for NAMI Kentucky teachers and facilitators who are hosting support groups and trainings and classes of NAMIKY signature programs. This training is on December 16th and January 13th from 6:00PM to 7:00PM, EST. This class is being taught by Trainer Phil Magnuszewski of Infused Innovations.

**FB Link:** [https://www.facebook.com/events/2887774498108773](https://www.facebook.com/events/2887774498108773?acontext=%7b%22action_history%22%3A%5b%7b%22surface%22%3A%22page%22%2C%22mechanism%22%3A%22page_admin_bar%22%2C%22extra_data%22%3A%22%7b\%22page_id\%22%3A131001040304802%7d%22%7d%2C%7b%22surface%22%3A%22events_admin_tool%22%2C%22mechanism%22%3A%22recommended_actions%22%2C%22extra_data%22%3A%22%5b%5d%22%7d%5d%2C%22has_source%22%3Atrue%7d)

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**Virtual NAMI Kentucky NAMI BASICS Teacher Training-** NAMI Kentucky and NAMI NKY are hosting our first virtual NAMI Basics Teacher Training. This training will be taught in June on the 25th, 26th and 27th. The times are as follows: Friday (4pm to 9pm), Saturday (8:30am to 6:30pm), & Sunday (8:30am to 3:15pm). This training is typically for those who already took the 6 weeks NAMI Basics class. However, if you are interested, the teachers can approve you if they feel you are appropriate. Email **namikyed@gmail.com** for an application or call 859-550-6628. This training will be taught by Anita Herron, TOT from NAMI National & Teacher, Susan Faris, of NAMI NKY, and Denise Stewart, NAMI Basics TOT of NAMI TN.

**FB Link:** **https://www.facebook.com/events/319105849840534/**

**Website Link:**

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**Virtual NAMI Louisville Family to Family Class-** NAMI Louisville is hosting a NAMI Family to Family class virtually starting Weds 6-8:30 beginning 1/6 thru 2/24. It will be taught by Anne Heard and Liz Curtis virtually. One must pre-register. Contact Anne at ahslp@hotmail.com or (502)762-8955.

**FB Link:** <https://www.facebook.com/events/149576543195666>

**Website Link:**

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**Virtual NAMI Ending the Silence Trainings-**NAMI Kentucky is hosting two virtual Ending the Silence trainings in 2021. The first one is March 22nd from 6pm to 9pm and the second one is June 28th from 6pm to 9pm. Both of these are E.S.T. An application is required for vetting. Contact namikyed@gmail.com for an application or go to the website for an application, www.namiky.org. This class will be taught by Renee Labat of NAMI MN.

**FB Link:** https://www.facebook.com/events/219293502999728

**Website Link:**

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**Virtual NAMI Provider-**  NAMI Kentucky is hosting our first NAMI Provider training. This is one of our 6 new programs. The training times and dates are June 12th & June 19th from 9AM to 2PM each day, E.S.T. NAMI Kentucky is accepting applications for vetting purposes. Email **namikyed@gmail.com** or visit the website at namiky.org.

**FB Link:**  **https://www.facebook.com/events/1015708188930797**

**Website Link:**

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**NAMI Smarts**- NAMI Kentucky is hosting a NAMI Smarts class in 2021 virtually. This will be taught by Kelly Ruff and Beverley Jones. This is a 7 module education class starting January 21st, 2021 from 7:00PM to 9:00PM EST. The class will decide the schedule after the first session on January 21st.

**FB Link:** **https://www.facebook.com/events/3871857442864772**

**Website Link:** https://namiky.org/nami-kentucky-is-offering-our-first-virtual-7-session-nami-smarts-class-starting-on-january-21st-2021/

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**NAMI Kentucky Advocacy Committee Meeting**- hosted December 16th, 2020 at 12noon. If you would like to attend this meeting and be a part of the Advocacy Committee, contact Sarah Kidder at: sarah@netbbc.com or by calling 512-423-1749. This meeting is by invitation only.

**FB Link:**  **https://www.facebook.com/events/3559147317517290**

**Website Link:**

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**Virtual NAMI Family Support Group Facilitator Training**-hosting May 1st and May 2nd , 2021 in partnership with NAMI Iowa virtually. Must complete an application to be considered. Email namikyed@gmail.com to obtain an application. Note the date for this training changed to 05/01 and 05/02 of 2021.

**FB Link:** **https://www.facebook.com/events/1732899290225951**

**Website Link:**

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**Virtual IOOV Training-** the date and time for this training is June 26th, 9AM to 5PM. Working in partnership with NAMI Lexington virtually, this class will be taught by Valerie Mudd and Jennifer Dishman. One must complete an application to be considered. Email **namikyed@gmail.com** to obtain an application.

**FB Link:** <https://www.facebook.com/events/148209620273498/> **or https://www.facebook.com/events/749782152360582/**

**Website Link:** https://namiky.org/new-nami-in-our-own-voice-presenter-training/

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**NAMI Kentucky Conference T-shirt & tote-bag contest-**Logo contest started for the conference started 1/9/2021. The winner of this contest will have his/her logo put on the t shirt and tote-bag of the conference. The last day for entry is 9/1/2021. Email or call NAMIKY for details: **namikyed@gmail.com** or 859-225-NAMI.

**FB Link:**  **https://www.facebook.com/events/847424702683088/**

**Website Link:** https://namiky.org/1243-2/

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**NAMI Kentucky Virtual Advocacy Day-** March 9th, 2021 will be our virtual NAMI Kentucky Day. We normally meet at the capitol rotunda in matching shirts and have an hour program followed by lunch and meeting our representatives. Sarah Kidder, Advocacy Coordinator, will be sending out a MS Teams link to join the event. Please email her for an invitation: **sarah@netbbc.com** or call 512-423-1749.

**FB Link:**

**Website Link:** https://namiky.org/2021-namiky-advocacy-day/

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**NAMI Lexington Virtual Family to Family 8 Weeks Class-** NAMI Lexington will be hosting an 8 weeks virtual Family to Family class. This class will start 2/10/2021 and the time will be 6:30PM to 9:00PM, EST. This class will run consecutively. One can register by going to this link:  [http://www.namilexington.org/signature-](http://www.namilexington.org/signature-programs/family-to-family/)programs/family-to-family/ . Tracy Jacobson is the Coordinator of this class and can be reached at tracynamilex@gmail.com or (859) 272-7891.

**FB Link:**

**Website Link:**

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**NAMI Louisville Virtual NAMI Basics 6 Weeks Class-** NAMI Louisville will be hosting a 6 weeks virtual NAMI Basics class. This class will start on 4/21/21 and end on 5/26/21. This class will run consecutively from 6:00PM to 8:30PM, E.S.T. To register, contact Anne at ahslp@hotmail.com or Jill at jilljewel@yahoo.com.

**FB Link:**

**Website Link:**

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**NAMI Louisville Virtual NAMI Family to Family Class-** NAMI Louisville will be hosting a 6 weeks NAMI Family to Family Class this summer starting in June. This class will be taught by Anne Heard and Kelli Zontini of NAMI Louisville. This class will meet twice a week on the following days: 6/7, 6/9, 6/14,6/16, 6/21, 6/23, 6/28, and 6/30. The time is 6:00PM to 8:30PM, EST. To register for this class, contact ashanti.oneal@namilouisville.org.

FB Link: https://www.facebook.com/events/107891428085164/

Website Link:

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**NAMI Sharing Hope Orientation-** NAMI Sharing Hope is one of NAMI Kentucky’s newest programs. This a program whereby one can become a Presenter to present NAMI programs to African American communities. The training orientation to the program will be on September 16, 2021, virtually from 12:00noon to 1:30PM. This orientation will be taught by Yolonda Kelsor and Dawn Brown. Register at NAMIKYED@gmail.com.

**FB Link: https://www.facebook.com/events/295896418963292**

**Website Link:** https://namiky.org/new-program-launch-2/

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**NAMI Compartiendo Esperanza** NAMI Compartiendo Esperanza is one of NAMI Kentucky’s newest programs. This a program whereby one can become a Presenter to present NAMI programs to African American communities. The training will be in January 2022 with dates and time TBA soon. The orientation will be in December 2021 with the date and time TBA soon. Register at NAMIKYED@gmail.com

**FB Link:**

**Website Link:** https://namiky.org/new-program-launch/

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**NAMI Family Advocate-**  NAMI Family Advocate Training will be April 7th, 2021 at 10:00AM, EST. A Family Advocate supports the supported employment specialist at the community mental health centers as a volunteer liaison. They share information about NAMI with the community health centers. Register at **NAMIKYED@gmail.com** if you would like to become a volunteer Family Advocate.

**FB Link:**

**Website Link:** https://namiky.org/1326-2/

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**NAMI Kentucky All Members Meeting** -NAMI Kentucky will be hosting 3 opportunities to attend the members meeting. Various topics will be discussed. Thursday, March 18th, at 1:00PM, March 18th, at 8:00PM, and Friday, March 19th at 1:00PM. This meeting will be for an hour. This is open to all members and was formerly called the President’s Call. Call in number: 1-888-537-7715 Passcode: 37043982#

**FB Link:**

**Website Link:**

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**Affiliate Strategic Planning Sessions -** NAMI Kentucky is working with all of our affiliates on a 3 Year Strategic Planning Project. Affiliate leaders, please email namikyed@gmail.com with the date and time most convenient for your affiliate leaders. You will have your goals already. Come to our training with your execution plan and any additional goals and plans to carry them out successfully. When you register, you will receive a virtual link! See you soon!

Friday, March 19th 3pm to 5pm

Tuesday, March 23rd from 3pm to 5pm

Wednesday, March 24th from 2pm to 5pm

Thursday, March 25th from 2pm to 5pm

**FB Link:**

**Website Link:**

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**NAMI Kentucky Family Advocates Meeting-** NAMI Kentucky Family Advocates will host an orientation meeting on March 30th, Tuesday, from 7:00PM to 8:00PM. This meeting is open to NAMI Kentucky Family Advocates only.

**FB**

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**Virtual NAMI Family Advocate Meeting**- NAMI Kentucky will be hosting a meeting for the Family Advocates on May 20th from 7:00PM to 8:05PM, EST. This meeting is closed to Family Advocates only and the link will be shared with them only. If interested in learning more about the Family Advocate program, contact namikyed@gmail.com.

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**Virtual Stakeholder Committee Meeting**- This meeting was rescheduled from April 24th, 2021 meeting to May 8th from 11AM to 12NOON, EST. This meeting is closed and is only for Stakeholder Committee members.

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**Virtual Chair Yoga & Mindfulness Class**-This class is free and open to members and non-members. NAMI Kentucky partnered with YOGA ed. to bring this class to everyone. It will be offered on June 10th, 2021 from 7pm to 8pm, EST. This class will be taught by Brynne Caleda, co-founder. This class is evidence-based and designed to teach yoga and mindfulness tools to improve one’s own wellness. To register, email: namikyed@gmail.com.

FB: https://www.facebook.com/events/106114841604207

WEBSITE LINK:

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**NAMI Lexington Virtual Family to Family Class**- NAMI Lexington is a hosting a virtual F2F class this summer. The next Zoom course begins June 9th, 2021 and meets for eight consecutive Wednesday evenings from 6:30 pm - 9:00 pm, EST. Topics covered include signs and symptoms of mental health diagnoses, research on the biology of brain disorders, medications, treatment methods, and strategies for handling crisis and relapse. Skill building exercises on communication, reflective listening, problem-solving, empathy, and self-care are reviewed. To register, e-mail Tracy Jacobson at racynamilex@gmail.com, phoning (859) 536-8278, or visiting <http://www.namilexington.org/signature-programs/family-to-family/> scrolling to the registration form at the bottom of the page, and filling in the cells.

FB: https://www.facebook.com/events/495409544998593/

Website Link:

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**Virtual NAMI Share Your Story With Law Enforcement Training** -NAMI Kentucky is partnering with NAMI NKY to bring one of our newest programs: Share Your Story with Law Enforcement. This training is to learn how to share your story with CIT and other mental health venues. This presenter program’s dates and times are TBA but will be hosted virtually in June or July 2021. To obtain an application in PDF or MS Word format, email namikyed@gmail.com.

FB: https://www.facebook.com/events/380809690037754/

Website Link:

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**Virtual NAMI Faith-net Training**-NAMI Kentucky is partnering with Leaders of Tomorrow.Org to bring a series of Faithnet trainings this summer virtually. To register, email namikyed@gmail.com. The trainings are 2 hours, 6:00PM to 8:00PM, EST, the last Tuesdays of the month from June to September: June 29th, July 27th, August 31st, and September 28, 2021. Topics are TBA and will be informative.

FB: https://www.facebook.com/events/1541128109390897/

Website Link:

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**Virtual NAMI Kentucky Advocacy Meeting**- NAMI Kentucky is hosting our Advocacy Meeting on June 9th at 12noon. We will discuss the 2021 Legislative Session, the General Assembly's and Executive Branch's plans for the interim, and lay the groundwork for the next meeting (which will be late summer or early fall) during which we will vote on 2022 Policy Priorities. To attend this meeting, contact Sarah Kidder at 512.423.1749 or sarah@netbbc.com

FB: https://www.facebook.com/events/1701796430012044/

Website Link:

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**Virtual NAMI Kentucky Enhancing Mental Wellness Through Writing, Recording, Telling, & Sharing Your Stories Workshop-**  NAMI Kentucky is hosting a virtual advocacy writing class partnering with Sylvia Lovely. This interactive workshop is designed to help you navigate the highway to attain and maintain mental wellness. Whether you are a caregiver, or simply needing guidance in your own mental wellness journey, this workshop taps into the growing evidence that story writing, recording, telling, and sharing leads to enhanced well-being as measured by resiliency and stronger interpersonal relationships. This workshop class will be to be held in two parts -- Wednesday, June 30, 2021 and Thursday, July 22 – 6:00 p.m. until 7:15 p.m. EST virtually. To register, email namikyed@gmail.com

FB: https://www.facebook.com/events/481152399825131

Website Link:

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**Virtual NAMIKY & Infused Innovations**-NAMI Kentucky will be hosting a Microsoft Teams training virtually. If you are newly certified teacher, facilitator or presenter with a model B affiliate, please sign up for this training. We are accepting names for the class roster. This training will be taught by Matt Sepko and the times fro all three sessions are 3:30PM to 4:30PM, EST. The dates are: June 22nd, June 28th and July 6th. Email namikyed@gmail.com to register.

FB: https://www.facebook.com/events/3106285006325422/

Website Link:

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**Virtual NAMIKY NAMI Homefront Teacher Training**-NAMI Kentucky will be hosting a virtual NAMI Homefront Teacher Training class in July. We have partnered with NAMI San Mateo, California and NAMI Colorado Springs to bring this 3 day training virtually to you. It will be from 6:00PM to 9:00PM on September 30th and October 1st and from 9:00AM to 5:00PM on October 2nd. Be sure to email namikyed@gmail.com to request an application in PDF or MS Word format.

FB: https://www.facebook.com/events/309983720871397

Website Link:

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**Virtual Family Advocate Meeting**-NAMI Kentucky will be hosting a virtual Family Advocate meeting in June. This is a closed meeting for Family Advocates only. This meeting will be hosted on June 22nd from 7pm to 8pm EST. An email will be sent to all Family Advocates with a virtual link. Anyone interested in learning more about the Family Advocated program should email: namikyed@gmail.com

FB: https://www.facebook.com/events/799927813989308

Website Link:

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**Virtual NAMI Quorum Training-**NAMI Kentucky will be hosting a virtual NAMI Quorum training June 29th, from 4:30PM to 5:30PM, EST virtually. Quorum is NAMI Kentucky’s advocacy tool software that allows members and friends of NAMI Kentucky to advocate at the state and federal level with mental health causes in a matter of minutes. Learn how to use this tool and advocate today! To register email: namikyed@gmail.com

FB: https://www.facebook.com/events/781695599211790

Website Link:

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**NAMI Kentucky Virtual Meet and Greet of the Board Members-** On June 28th, 2021, EST, NAMI Kentucky is going to host our first virtual Board Members “meet and greet”. This is open to NAMI members, affiliates and friends of NAMIKY. The meet and greet is from 6pm to 7pm, EST. To obtain a virtual invitation, email namikyed@gmail.com.

FB: https://www.facebook.com/events/154417600079781

Website Link:

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**Virtual NAMI Ending the Silence Training**-NAMI Kentucky will be hosting a virtual NAMI Ending the Silence training on August 24th from 5:00PM to 8:00PM, E.S.T. Learn how to tell your story professionally in a school or university setting and other venues as well. Email namikyed@gmail to receive your application or call 859-225-NAMI. This class will be taught by Renee Labat of NAMI MN.

FB: https://www.facebook.com/events/442270793414318/

Website Link:

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**Virtual Multicultural Diversity & Inclusion Training-** NAMI Kentucky is pleased to announce we will be hosting a 5 series Multicultural Diversity and Inclusion Training virtually. A free training and all affiliate members of NAMI Kentucky should attend. It is virtual. The dates and topics are as follows:

1. August 5th, 2021-Featuring Majose Carrasco of Majose Carrasco Consulting-Overview of multicultural diversity and inclusion. 6:30-7:45PM, EST.

2. August 24th, 2021-Featuring Majose Carrasco of Majose Carrasco Consulting-Best Practices in Working with the Latino Community and engaging them with NAMI affiliates and programs. 6:30-7:45PM.

3. September 21st, 2021-Featuring Yolonda Kelsor, M.S. of NAMI Ohio & Bridges to Hope Consulting LLC-Working with the African American Community and engaging them with the NAMI affiliates and programs. 7:00PM to 8:15PM, EST

4. October 21, 2021-Featuring P.C.S.O.-Pride Community Services Organization of Lexington, Kentucky-Miles Feroli of P.C.S.O. will present on best practices on how to serve the LGBTQIA community effectively with engagement of NAMI affiliates and programs. 6:30-7:45PM EST

5. November 30, 2021-Featuring Gayle Tang, MSN, RN of NAMI National-Gayle Tang will present on best practices on how to utilize interpretive and translations services effectively for persons of limited English proficiency with engagement of NAMI affiliates and programs.7:00PM to 8:00PM EST

To register, email namikyed@gmail.com or call, 859-225-NAMI.

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**Virtual NAMI Smarts Training**-NAMIKY will host a 6 weeks virtual NAMI Smarts class/training from September to November 2021. The classes are from 10:30am to 12pm, EST. The last two are trainings for those who are interested in becoming a certified NAMI Smarts Teacher.

Sept 11 - Telling Your Story

Sept 18 - Contacting your Policy Makers

September 25 - Meeting your policy makers

October 2 - Medication: Protecting choice

October 9 – Parity: Fairness in healthcare

October 16 - Budgets: Funding our future

October 23 – Becoming a NAMI Smarts Teachers Training

November 6 – Becoming a NAMI Smart Teachers Training

Register by emailing: namikyed@gmail.com. This class will be taught by Beverly Jones of NAMI Pike County.

FB: https://www.facebook.com/events/360735768772709

Website:

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**Virtual Family Advocates Meeting**-NAMI Kentucky will host a virtual Family Advocates meeting on August 19, 2021 from 7PM to 8:15PM, EST. This meeting is opened to Family Advocates only by invitation. If you are interested in becoming a Family Advocate, email Rebecca at: rcoursey@namikentucky.onmicrosoft.com or call 270-772-2779.

FB: <https://www.facebook.com/events/225786402781824>

Website:

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**Virtual NAMI Kentucky Enhancing Mental Wellness Through Writing, Recording, Telling, & Sharing Your Stories Workshop-**  NAMI Kentucky is hosting a virtual advocacy writing class partnering with Sylvia Lovely. This interactive workshop is designed to help you navigate the highway to attain and maintain mental wellness. Whether you are a caregiver, or simply needing guidance in your own mental wellness journey, this workshop taps into the growing evidence that story writing, recording, telling, and sharing leads to enhanced well-being as measured by resiliency and stronger interpersonal relationships. This workshop class will be to be held in two parts -- Thursday, September 23, 2021 6:00 p.m. until 7:15 p.m. EST virtually. The second class will be in October and the dates and times are TBA. To register, email namikyed@gmail.com

FB: https://www.facebook.com/events/1202752546895191/

Website:

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**Virtual NAMI Quorum Training-**NAMI Kentucky will be hosting a virtual NAMI Quorum training September 15, 2021, from 4:00PM to 5:00PM, EST virtually. Quorum is NAMI Kentucky’s advocacy tool software that allows members and friends of NAMI Kentucky to advocate at the state and federal level with mental health causes in a matter of minutes. Learn how to use this tool and advocate today! To register email: namikyed@gmail.com

FB Link: https://www.facebook.com/events/996143954515043

Website Link: [National Alliance on Mental Illness | NAMI Kentucky (quorum.us)](https://namiky.quorum.us/)

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**Virtual Webinar: The Impact of COVID 19 on the Mental Health of Children-** NAMI Kentucky has partnered with Otsuka to bring this virtual webinar on October 7th, 2021 from 6:30PM to 7:30PM. This class will be taught by Chip Meyer, PHD with Otsuka. To register, contact namikyed@gmail.com

 FB Link: https://www.facebook.com/events/1521512458194546/

Website Link:

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**Virtual Webinar**: I**mproving Mental Health with Digital Technology-** NAMI Kentucky has partnered with Otsuka to bring this virtual webinar on November 9th, 2021 from 6:30PM to 7:30PM. This class will be taught by Chip Meyer, PHD with Otsuka. To register, contact namikyed@gmail.com

FB Link: https://www.facebook.com/events/168127308794541/

Website Link:

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**NAMI Owensboro Re-Org Meeting:-** NAMI Kentucky is pleased to announce NAMI Owensboro will be hosting a re-org meeting on September 15th, 2021 from 7:00PM to 8:30PM CST at the Unity Fellowship Church, located at 625 Allen Street in Owensboro. This meeting will be a hybrid meeting, so those of you who would like to attend virtually by calling in or face timing, have the opportunity to do so as well.

Vanessa Roff and Amanda Pate will host this meeting. To ask further questions, contact Vanessa at 502-415-3586 or email: vanessaroff@msn.com To attend the meeting virtually, please email namikyed@gmail.com for the link.

FB Link: https://www.facebook.com/events/211585714357321/

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**NAMI Louisville Family to Family Virtual Fall/Winter Class**- NAMI Kentucky is pleased to announce NAMI Louisville will be hosting a virtual winter Family to Family class. It is a free 8 weeks course for families, partners and friends of individuals with serious mental illness taught by trained NAMI family members and caregivers of individuals living with mental illness. The course dwells on the emotional responses families have to the trauma of mental illness; many family members describe their experience in the program as life-changing. The classes are from 6:00PM to 8:30PM on Wednesdays:

Wednesday 10/13/21
Wednesday 10/20/21
Wednesday 10/27/21
Wednesday 11/03/21
Wednesday 11/10/21
Wednesday 11/17/21
Wednesday 12/01/21
Wednesday 12/08/21

To pre-register, contact Ashanti at ashanti.o'neal@namilouisville.org

FB Link: https://www.facebook.com/events/1004599340104968/

Website Link: https://namiky.org/new-class/

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**Virtual Choices in Recovery with Janssen & NAMI Kentucky**- NAMI Kentucky and Janssen have partnered to bring Choices in Recovery. This is a unique training class in that it is for both family members and consumers combined. The class is taught by Angela Short, CSW of Janssen. The class will be from 7:00PM to 8:00PM, EST, and the classes are all on Thursdays: December 2, 2021, ~~December 16~~~~th~~~~, 2021~~ (canceled), January 13th, 2022, January 27th, 2022, February 10th, 2022 and February 24th, 2022.

To register, email namikyed@gmail.com and provide your address so that we can send you the workbooks.

FB Link: https://www.facebook.com/events/849617355919933/

Website Link: https://namiky.org/virtual-class/

**Virtual NAMI Sharing Your Story with Law Enforcement-**  NAMI Sharing Your Story with Law Enforcement (SYSLE) is a presentation program that prepares individuals and family members to share their stories of lived experience with mental illness to a law enforcement audience, such as during Crisis Intervention Team (CIT) training, or other events where mental illness and related topics are featured.

SYSLE Presenters provide an opportunity for officers to hear about someone who experienced being in crisis and may have interacted with law enforcement as a result, but is now living well with mental illness. The powerful and unique stories shared by NAMI presenters help increase officers’ understanding and empathy, improving crisis response in communities. These presentations are consistently popular with officers who attend CIT training and NAMI’s goal is to ensure that every law enforcement officer has this opportunity.

This training will be virtually on November 16, 2021 from 9AM to 11AM EST and on November 17, 2021 from 6PM to 8PM, EST. This class will be taught by Nikki Rashes of NAMI National.

To register, contact namikyed@gmail.com to obtain an application. Once you obtain the application, it will be reviewed by the instructor for approval. You will have an online portion to complete before attending the virtual class.

FB Link: https://www.facebook.com/events/2751080725191314

Website Link:

**NAMI Kentucky Virtual Family Advocates Meeting** - A Family Advocate meeting will be held virtually on October 28th, 2021 from 7:00PM to 8:15PM, EST. A virtual link will be sent to the Family Advocates as this is a closed meeting. The guest trainer will be Chip Meyer, PHD of Otsuka training on Psych U. Chip will also be meeting all of the Family Advocates and learning more about NAMIKY.

FB Link: https://www.facebook.com/events/378423170585139/

Website Link:

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**Virtual NAMI Kentucky Enhancing Mental Wellness Through Writing, Recording, Telling, & Sharing Your Stories Workshop-**  NAMI Kentucky is hosting a virtual advocacy writing class partnering with Sylvia Lovely. This interactive workshop is designed to help you navigate the highway to attain and maintain mental wellness. Whether you are a caregiver, or simply needing guidance in your own mental wellness journey, this workshop taps into the growing evidence that story writing, recording, telling, and sharing leads to enhanced well-being as measured by resiliency and stronger interpersonal relationships. This workshop class will be to be held in two parts -- Thursday, September 23, 2021 6:00 p.m. until 7:15 p.m. EST virtually. The second class will be in November 18th, from 6:30PM to 7:45PM, EST. To register, email namikyed@gmail.com

FB Link: https://www.facebook.com/events/418394879870560/

Website Link:

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**Virtual Introduction to LGBTQIA+ Populations, Mental Health Disparities, and the Need to Provide Culturally Competent and Affirming Care-** NAMI Kentucky has partnered with Otsuka to bring this virtual training webinar to you. In this presentation, the objectives are to: • To understand what it means to be LGBTQIA+ identified • To inform on mental health disparities in LGBTQIA+ populations • To identify ways to include inclusive and affirming language and provide resources to LGBTQIA+ populations. The training is from 7:00PM to 8:00PM, EST, on December 9th, 2021. To register for this free training, email mcunningham@namiky.org today. Once registered, you will receive an invitation link.

FB Link: [(20+) Introduction to LGBTQIA+ Populations, Mental Health Disparities | Facebook](https://www.facebook.com/events/192115883005553)

Website Link:

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**NAMI Lexington hosting Family and Friends Virtually-**The Family & Friends program informs and supports relatives/caretakers of individuals affected by mental illness. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation, and NAMI resources. Participants feel more at ease and better able to manage as a result of attending this seminar. The class is taught by two trained family members who have first-hand experience of living with a family member who has a mental illness. The class is December 1st, and continues on Wednesday, December 8th from 6:30 pm-8:30 pm. Contract Tracy at tracynamilex@gmail.com or phoning (859) 536-8278 to register.

FB Link:

Website Link:

**NAMI Sharing Hope Training**-NAMI Sharing Hope is one of NAMI Kentucky’s newest programs. This a program whereby one can become a Presenter to present mental health and NAMI programs to African American communities. It is for African Americans by African Americans. This training will be taught virtually on December 4th and 11th from 5:30pm to 7:30pm, EST. Yolonda Kelsor of NAMI Ohio and Dawn Brown of NAMI National are the instructors. Email mcunningham@namiky.org to register.

FB Link: https://www.facebook.com/events/228480449365709/

Website Link: https://namiky.org/new-program-launch-2/

**NAMI Compartiendo Esperanza Orientation**-NAMI Compartiendo is one of NAMI Kentucky’s newest programs. This a program whereby one can become a Presenter to present mental health and NAMI programs to Latino communities. It is for Latinos by Latinos. This orientation is Tuesday, December 21, 2021 from 6:30PM to 7:30PM, EST. This orientation is taught by Juan Velez-Court and Gretchen Rovira, both of NAMI National. To register, email mcunningham@namiky.org. The training for those interested will be virtual and hosted in January 2022. Times and dates are TBA.

FB Link: [(15) VIRTUAL NAMI COMPARTIENDO ESPERANZA ORIENTATION | Facebook](https://www.facebook.com/events/662510654912713)

Website Link:

**NAMI Kentucky Advocacy Day**- NAMI Kentucky Advocacy Day will be hosted on March 8th, 2022 at the Capitol Rotunda in Frankfort. Registration starts at 9:00AM for a complimentary t-shirt and lunch ticket. The program starts at 10:15AM and ends at 11:15AM. From there, we will walk over to Room 113 in the Annex to have lunch and fellowship until 1:00PM. After lunch, you are free to meet with your Legislator in his/her office. We are also inviting all legislators to the luncheon in the hopes you can connect with him/her there. Email mcunningham@namiky.org to register and RSVP.

FB Link: [(17) NAMI Kentucky 2022 Advocacy Day at the Rotunda | Facebook](https://www.facebook.com/events/267838208663696)

Website Link:

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Soon to be posted upcoming trainings and events:

Mental Health First Aid