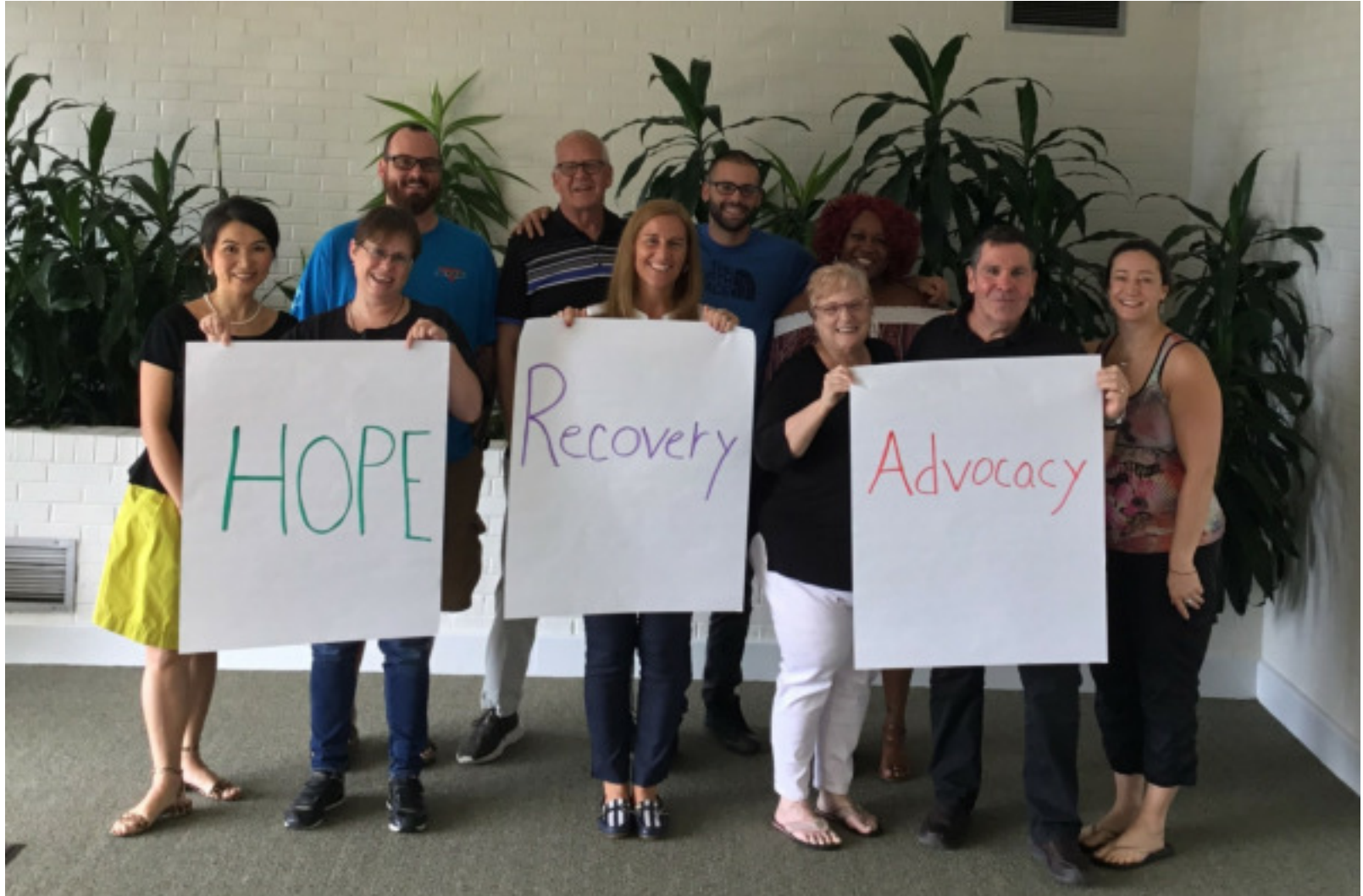




National Alliance on Mental Illness

NAMI

**Central
Virginia**



A Message From Our Executive Director

Dear NAMI Central Virginia Members and Friends,

While emergency mental health services are still available, those who are not experiencing an emergency have fewer places to turn for help. NAMI Central Virginia is committed to adapting to meet the needs of our community. Therefore, we are carefully implementing the use of online video/audio conferencing to provide accessible mental health support for those in need. The ability to host programs online is exciting new territory! We are strategically training for, testing, and announcing individual online programs in the coming weeks.



In an effort to safeguard against the expected funding shortfalls caused by the COVID-19 outbreak, we are humbly asking for your financial assistance. Please consider making an investment in NAMI Central Virginia if you are in a position to do so. Your efforts make all of our work possible.

If you have questions regarding our online groups or community-based in-person programs, and/or financial needs, please don't hesitate to call me at 804-285-1749, or email me at mark.richardson@namicentralvirginia.org.

Sincerely,



Mark A. Richardson, Ph.D.
Executive Director, NAMI Central Virginia

[**Donate Now**](#)

Online Meetings - Family Support Group & Connection

During this time of social distancing, the need for peer support is bigger than ever. NAMI Central Virginia is now offering Family Support Groups and Connection Support Groups online! These groups also have an option for people to join with a regular telephone call.



In order to participate in one of the groups listed below, registration is required. Please contact us by calling 804-285-1749, or emailing jeff.conley@namicentralvirginia.org to get connected to an online meeting.

Family Support Group



Family Support Group is a free, peer led group for family members and caregivers of a loved one living with mental illness. Groups are led by trained facilitators who also have loved ones who struggle with their mental health.

Gain insight from others who truly understand where you have been.

[Family Support Group A - led by Linda McLeod & April Spencer](#)

Monday April 13th, and Monday April 27th - 6:30 P.M.

[Family Support Group B - led by Betty Miller & Gloria Green](#)

Wednesday, April 15th, and Wednesday April 29th - 6:30 P.M.

Connection Support Groups



Connection Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who understand what it is like to live in recovery.

[Connection Support Group A - led by Colin Connelly & Pam Kirby](#)

Wednesday April 8th, and Wednesday April 22nd - 6:30 P.M.

[Connection Support Group B - led by Marshall Shelton & Colin Connelly](#)

Tuesday, April 14th and Tuesday April 28th, 6:30 P.M.

Support Group for Parents of Youth & Adolescents



Parents, grandparents, and guardians of youth often face a unique set of challenges when dealing with mental health conditions. NAMI CVA offers a Family Support Group focused on these challenges. Just like a regular NAMI

Family Support Group, this meeting is free, confidential, and led by people who understand the unique challenges you may be facing.

[Support Group for Parents of Youth/Adolescents - led by Beth Tolley & Bill Cannell](#)

Thursday, April 30th 6:00 P.M.

Helpful Wellness Resources to use during Social Distancing

[NAMI COVID-19 Resource Guide](#)

[Free Soothing Sounds and Meditation Practices via Calm.com](#)

[7 Cups of Tea - Free Online Emotional Support](#)

[Live Q & A on April 8th: Impact of COVID-19 Outbreak on Children & Families](#)

[Meal Distribution: Richmond Public Schools](#)

[Meal Distribution: Henrico County Public Schools](#)

[Meal Distribution: Chesterfield County Public Schools](#)

CONNECT WITH US: Social Media



Get social with with NAMI Central Virginia!: Click any icon below to begin the conversation with us + our online community.

