

Your gift makes the following local programs possible:

Family to Family- an 8-session educational program for family, significant others and friends of people with mental health conditions. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. (offered minimally 2x a year)

Family Support Groups- Peer-led groups for any adult with a loved one who has experienced symptoms of a mental health condition. Attendees gain insight from the challenges and successes of others facing similar experiences. (Twice monthly with a goal to expand in 2021)

NAMI Basics- A 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.

Ending the Silence- An engaging presentation for students based on real-life experiences that helps attendees learn about the warning signs of mental health conditions and what steps to take if you or a loved one is experiencing symptoms.

Family Forum- Monthly programs that include presentations and discussions on topics of interest to the mental health community. (Find them on our NAMI Finger Lakes YouTube channel!)

Family & Friends- A 90-minute seminar that informs people of how best to support their loved ones living with a mental health condition. It's also an opportunity to meet other people in similar situations and gain community support.

NAMI Homefront- Based on the nationally recognized NAMI Family-to-Family program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country.

Outreach Opportunities: Speaking engagements with local groups, book readings, connections with families at the CMC Behavioral Unit, connections with local employers to support mental health initiatives in our workforce.

NAMI Finger Lakes HELP Line- 607-273-2462: Experienced volunteers answer your calls for support and mental health resources with empathy and understanding.

Administrative Operations- Continued Support of an Executive Director: Coordination of affiliate relationships within NAMI & local mental health organizations and services for broader support from our parent organization, technical training and support, website and social media administration, newsletter communications, volunteer coordination and training, administrative support for volunteer program leaders, and funding management.



NAMI Finger Lakes thanks you for your continued support of our programs!