



Anderson- Oconee-Pickens

Mission Statement

We will educate, support, and advocate to offer hope to every life touched by mental illness in Anderson, Oconee, and Pickens counties in South Carolina.

The following is a list of meetings and classes offered free of charge by NAMI AOP:

- **Educational meetings-** Held on the **first Tuesday of each month**, except January, June, July, and August, at 7:30 p.m. at the First Baptist Church of Pendleton, 351 S. Broad Street in Pendleton. Guest speakers have included psychiatrists, a psychopharmacologist, therapists, staff from various mental health facilities, legislators, etc. Anyone interested in learning more about mental illness is invited to attend.
- **Support groups-** You must be 18 years old to attend.
Family Support Group- For family members of someone living with a mental illness
 1. **First Tuesday of each month**, except January and July, at 6:15 p.m. at the First Baptist Church of Pendleton, 351 S. Broad Street in Pendleton.
 2. **Third Tuesday of each month**, except July, at 6:30 pm at Pickens View Wesleyan Church, 744 Bethlehem Ridge Road in Pickens.
 3. **Fourth Tuesday of each month**, except July, at 6:30 pm at Grace Episcopal Church, 711 S. McDuffie St. in Anderson.

Connection Recovery Support Group- For individuals living with a mental illness

1. **First Tuesday of each month**, except January and July, at 6:15 p.m. at the First Baptist Church of Pendleton, 351 S. Broad St. in Pendleton.

- **Family-to-Family course-** A series of 8 FREE educational sessions is offered to anyone who is a family member (parent, spouse, sibling, adult child, significant other) of an adult living with a mental illness. Classes cover bipolar disorder, schizophrenia, depression, obsessive-compulsive disorder (OCD), schizoaffective disorder, PTSD and Borderline Personality Disorder. Information concerning the illnesses, psychiatric medications, problem-solving skills, communication skills, empathy, self-care, recovery, and advocacy is taught. Class size is limited and pre-registration is required.
- **Basics course-** A series of 6 FREE educational sessions is offered to anyone who is a parent or direct caregiver of a child or adolescent with a mental illness such as ADD/ADHD, depression, bipolar disorder, anxiety disorders, obsessive-compulsive disorder (OCD), schizophrenia, and more. Topics covered are the mental illnesses, getting an accurate diagnosis, the impact on family, an overview of treatment options, communication, crisis management, the systems/agencies involved, the importance of record keeping, and advocacy. Available online- Go to nami.org, click on 'Support and Education'. Click on 'Mental Health Education' and click on 'NAMI Basics'.
- **Homefront course-** A series of 6 FREE educational sessions is offered to anyone who is a family member (parent, spouse, sibling, adult child, significant other) of a military service member or veteran living with mental illness. Topics covered include getting a diagnosis, understanding trauma, crisis preparation, communication skills, self-care, etc.. Available online- Go to nami.org, click on 'Support and Education'. Click on 'Mental Health Education' and click on 'NAMI Homefront'.

For more information on meetings, to join NAMI AOP, or to learn about other services that are offered by NAMI AOP, visit www.namiaop.org To register for classes or for more information, contact: Michelle Ready, 864-882-5131 (landline- no texts) or michelleready@hotmail.com