

# What is NAMI?

**NAMI** is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

**NAMI** has over 1,100 affiliates in communities across the country who engage in advocacy, research, support and education.

Members of **NAMI** are families, friends and people living with mental illness such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.

**For more information on available NAMI programs in your location contact one of the NAMI affiliates listed or contact:**

**NAMI Los Angeles County  
Council Headquarters  
3250 Wilshire Blvd. Suite 1501  
Los Angeles, CA 90010**

**Brittney Weismann  
Executive Director  
Brittney@namilacc.org**

# NAMI PROGRAMS

**Family-to-Family** a 12-week 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.

**De Familia a Familia** es un curso gratuito de 12 semanas, dirigido por miembros capacitados de NAMI que han vivido la experiencia. Este programa ofrece educación y apoyo para familiares y amigos de personas con enfermedades mentales severas. Los participantes del curso adquieren información vital, conocimiento profundo y comprensión de su ser querido que muchos describen como una experiencia transformadora de vida.

**Family Support Group** A support group for meeting of caregivers of individuals with a mental illness where family members can talk frankly about their challenges and help one another their challenges through their learned wisdom.

**Basics** is a 6 session education program developed specifically for parents and other family caregivers of children and adolescents.

**Peer to Peer** is a peer-facilitated nine week education class for person with lived experience who have been diagnosed with a mental illness.

# NAMI PROGRAMS

**Connections** is a peer-facilitated recovery support group for those diagnosed with mental illness, enabling them to learn from each others' experiences.

**Provider Education** is a 5 session course for mental health workers and professionals. Providers learn what it is like to live with mental illness from the individual and family perspective.

**In Our Own Voice** is a public education program in which two trained consumer speakers share their stories of living with mental illness and achieving recovery.

**Parents and Teachers as Allies** is an In-service program that helps school professionals and families understand the early warning signs of mental illness in children and adolescents.

**Ending the Silence** is a 50 minute presentation designed to give students an opportunity to learn about mental illness through an informative presentation.

**NAMIWalks** is the largest anti-stigma walk-a-thon in America. This team event raises public awareness and supports NAMI Signature Programs outlined above. Los Angeles County schedules this walk annually during the early part of October.



**National Alliance on Mental Illness**

*Find Help. Find Hope.*

[www.nami.org](http://www.nami.org)

[www.namicalifornia.org](http://www.namicalifornia.org)

## **NAMI Los Angeles County Council Resources**

Department of Mental Health  
Los Angeles County  
Office of Family Engagement  
Adult System of Care  
Helena Ditko, LCSW  
(213) 738-3948  
[FamilyAdvocate@dmh.lacounty.gov](mailto:FamilyAdvocate@dmh.lacounty.gov)

Hablamos Espanol  
para más informacion llame:  
Ricardo Pulido  
[Rick@namilacc.org](mailto:Rick@namilacc.org)  
(310) 567-0748

For more information contact:  
(213) 386-3615  
(213) 386-1109 fax

# Los Angeles County Affiliates

## **NAMI Antelope Valley**

www.nami.org/sites/nami-av  
(661) 341-8041 Message phone  
name-av@nami-av.org

## **NAMI East San Gabriel Valley**

(626) 974-8702

First United Methodist Church  
Park in rear, 15701 E. Hill, LaPuente, CA  
91744 Every Thur. 7:30-9 pm

4th Thurs. Speaker Night  
Pacific Clinics Sierra Family Center  
1160 S Grand Ave., Glendora, CA 91740  
(2nd & 3rd Tues, 6:30 pm -8:00 pm)  
626-252-5884 Ricky Encinas

For Caregivers & Family: 4th Sat. of every  
month, 9:30-11:00 am  
West Covina Christian Church Library  
1100 E Cameron Ave., Covina 91790

## **NAMI Glendale**

www.namiglendale.org  
namiglendale@gmail.com  
(323) 478-1656

## **NAMI Long Beach Area**

namilba@aol.com  
(562) 435-2264  
PO Box 91206  
Long Beach, CA 90809

# Los Angeles County Affiliates

## **NAMI Pomona Valley**

www.namipv.org  
Info Helpline: 909-399-0305  
(909) 625-2383 Office  
Executive Director - Heidi Bonadie  
Ed.namipv@verizon.net

## **NAMI San Fernando Valley**

www.namisfv.org  
InfoLine (818) 994-6747

## **NAMI San Gabriel Valley**

www.nami.sangabrielvalley.com  
sgynami@pacificclinics.org  
(626) 577-6697  
Office: 2550 East Foothill Blvd. #135,  
Pasadena, CA 91107

## **NAMI South Bay**

www.namisouthbay.com  
(310) 533-0705  
NAMI Office  
PO Box 5295  
Torrance, CA  
pstans5@aol.com

## **NAMI Los Angeles South Central**

namisocentral@gmail.com  
(310) 668-4721  
Margie Harper  
1006 West Century Blvd. Suite #271  
Los Angeles, CA 90044

# Los Angeles County Affiliates

## **NAMI Urban Los Angeles**

www.namiurbanla.org  
(323) 294-7814  
(323) 294-1534 fax  
info@namiurbanla.org  
4305 Degnan Blvd. Suite 104  
Los Angeles, CA 90008

## **NAMI Westside**

www.namila.org  
Phone (310) 889-7200  
Fax: (310) 889-1133  
921 Westwood Blvd. # 236  
Los Angeles, CA 90024

## **NAMI Whittier**

Email: namiwhittier@aol.com  
(562) 692-8006  
Rita Murray

## **Asian Support Group**

NAMI Asian Pacific Family Center  
9353 E Valley Blvd.,  
Rosemead, CA 91770

Additional NAMI Resources:  
Annette Tarsky  
(213) 632-0782

NAMI Los Angeles County Council is a charitable  
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(Tax ID#95-4049720) affiliated with NAMI  
California and NAMI National

