



The word is getting out! NAMI Coastal Virginia is growing and with it the need for volunteers to meet our community's mental health needs. If you have taken a class or attended a support group, you know how impactful it was. Please...give back and HELP US HELP OTHERS. Contact NAMI Coastal Virginia at (757) 499-2041 or by email at contact@namicoastalvirginia.org. Free training is provided.

Adult Programs for Family Members

Family-to-Family teachers • Family Support group facilitators

Adult Programs for People Living With a Mental Health Condition

Connection support group facilitators • In Our Own Voice presenters • Peer-to-Peer teachers

Programs for Children & Young Adults

Children's Challenging Behaviors facilitators (for parents of school aged children) • Ending the Silence facilitator (middle-high school students/parents/faculty)

Outreach

Staff a NAMI table at community events • Contact organizations, civic leagues, churches, businesses for speaking opportunities • Organize a mental health program at your place of worship
Give out NAMI information in the lobby of the Virginia Beach Psychiatric Center.

Fundraising/ NAMI Walks

Organize or assist with fund-raising events • Organize a team of NAMI walkers • Organize a fund-raising night at a local restaurant/bar

291 Independence Blvd, Suite 542, Virginia Beach, VA 23462 • (757) 499-2041 • www.namicoastalvirginia.org

Name _____

Address _____

Email _____ Phone _____

How would you like to help? _____

NAMI and its affiliates are 501(c)(3) tax exempt organizations. Tax deductions can be claimed to the extent allowed by law.