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NAMI Family Support Group for Families of Color, Virtual

Date and Time

Monthly on the first Saturday at 11:00am for 6 times

Event URL

[Register](#)

Event Region

Statewide

Event Type

Support group

Event Cost

\$0.00

Event Description

NAMI Family Support Group for Families of Color will meet on the first Saturday of each month from 11 am until 12:30 pm. According to the 2019 National Survey on Drug Use and Health conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA) , individuals who identify as African American, Asian, or Hispanic/Latino are less likely to receive treatment for a diagnosed mental health condition when compared to their white counterparts. Culture, beliefs, race, socio-economic status, and language all affect how we perceive and experience mental health conditions and treatments. In fact, cultural differences can influence what treatments, coping mechanisms and supports work for us. In response to this disparity, NAMI Central Virginia is excited to announce a new Family Support Group for Families of Color! This group is led by two excellent Certified Peer Recovery Specialists - Sayyeda Hall and Portia Chan. Both facilitators are very passionate about serving their community in a way that reflects their cultural experience. If you share a similar experience and have loved ones in your life who have a lived mental health condition, this group is for you! Get support for your role as a parent, grandparent, spouse, sibling, or friend of someone who is struggling with mental their health. This group will be held virtually on the first Saturday of each month from 11:00 A.M. - 12:30 P.M. beginning April 3rd. Register and complete sign in form. Fill in the appropriate details, and a Zoom link will follow shortly thereafter! Please direct any questions to the NAMI CVA staff by calling 804-285-1749, or

sending an email to info@namicva.org.