

## PROGRAMMING VOLUNTEER OPPORTUNITIES

Supporting Families and Individuals Living with Mental Health Conditions through Presentations, Facilitating Programs, and Teaching Classes

<b>Community Education:</b> <b>Presentations to educate and inform the community</b>	<b>Education Classes:</b> <b>Free peer-led education courses</b>
<p><b>Mental Health 101 NTX</b>– Customized presentations for professionals and community organizations on mental health awareness and intervention with an overview of NAMI North Texas Services</p> <p><b>In Our Own Voice</b> – provides a personal perspective and offers insight into the hope and recovery possible for people living with mental health conditions.</p> <p><b>NAMI Sharing Your Story with Law Enforcement (SYSLE)</b>–is a presentation program that prepares individuals and family members to share their stories of lived experience with mental illness to a law enforcement audience.</p> <p><small>*To find out what other community programs and presentations we have to offer, please call us or fill out a speaker or event request form on our website.</small></p>	<p><b>Family-to-Family Class</b> – 8-session program <u>for family members of adults</u> living with a mental health condition. The program is designed to help family members understand and support their loved one while maintaining their own well-being. (Also offered in Spanish)</p> <p><b>Peer-to Peer Class</b> – 8-session program <u>for adults with mental health conditions</u> who are looking to better understand their conditions and journey toward recovery.</p> <p><b>NAMI Basics Class</b> –6-session educational program <u>for parents and family caregivers of children and teens</u> who are experiencing symptoms of a mental health condition or have already been diagnosed.</p> <p><b>NAMI Homefront Class (Online)</b> –6-session educational program <u>for families, caregivers, and friends of military</u> service members and veterans with mental health conditions.</p> <p><b>NAMI Smarts Class*</b>– hands-on advocacy training program that helps people living with a mental health condition and their friends and family transform their passion and lived experience into skillful advocacy. (*This course is available per each legislative season)</p>
<b>Youth Education:</b> <b>Presentations to educate and inform youth</b>	<b>Support Groups:</b> <b>Gain insight from others facing similar circumstances.</b>
<p><b>Ending the Silence Presentation</b> (Youth Program)– a trio of presentations to help schools and organizations serving youth and their families address mental health.</p> <p><b>THRIVE NAMINTX</b> (Youth Program)– a student-led mental health club on high school campuses.</p>	<p><b>NAMI Family Support Group</b> – a peer-led group for adult family members, caregivers, and loved ones of individuals living with a mental health condition.</p> <p><b>NAMI Connection Recovery Support Group</b> – a free peer-led group for adults living with a mental health condition.</p> <p><b>NAMI Parent Support Group</b> – a free peer-led group for parents or caretakers of a child living with a mental health condition.</p>

## ADMINISTRATIVE AND EVENT VOLUNTEER OPPORTUNITIES

Supporting Families and Individuals Living with Mental Health Conditions through Events and Office Assistance

<p><b>Administrative Office Support:</b> Provide in office administrative support to NAMI North Texas staff</p>	<p><b>Community Events:</b> Assist with health fairs and community tabling events</p>
<p><b>Office Admin Volunteer</b> – assists with answering phone calls and providing resources to callers, community research and outreach, office event prep, and departmental support. Some in office special projects include:</p> <p><b>Bilingual Translation</b></p> <p><b>First Responders’ Peer to Peer</b></p> <p><b>Faith-based programs</b></p>	<p><b>Community Events Volunteer</b> – assist with hosting community tabling events, facilitating booths at health fairs, and supports community engagement efforts and initiatives.</p> <p><b>Health Fairs</b></p> <p><b>Community Tabling Events</b></p> <p><b>Community Engagement Initiatives</b></p>
<p><b>Special Events:</b> Assist with planning &amp; executing signature events</p>	<p><b>Ready to start volunteering with us??</b></p>
<p><b>Special Events Volunteer</b> – assists with event logistics, planning, and implementation, including but not limited to: soliciting auction items and sponsorships, serving on committees, and drafting event materials and content. This opportunity is available for the following signature events:</p> <p><b>NAMI North Texas Walks (Spring fundraising event)</b></p> <p><b>NAMI North Texas Fall Event</b></p> <p><b>NAMI North Texas Holiday Event</b></p>	<p><b>To begin volunteering, you must complete the onboarding process listed on our website at:</b> <a href="https://www.naminorthtexas.org/volunteer.html">https://www.naminorthtexas.org/volunteer.html</a></p> <p><b>For questions or concerns, please email us:</b> <a href="mailto:TiffanyG@NAMINorthTexas.org">TiffanyG@NAMINorthTexas.org</a></p>