



Dear NAMI Supporters and Friends,

Whatever it is about NAMIWalks that makes the event so irresistible and so inspirational has given rise to our campaign slogan this year: “I am NAMIWalks.”

Thanks to supporters like you, “Mental Health for All” – our mantra, mission, and motivation— grows more powerful and achievable with every event. We’re writing today to encourage you to stay the course. The destination is on the horizon and the winds of change are in your favor. It’s the future that we all envision.

So, register today for NAMIWalks **Coachella Valley 2025** on Saturday, November 15, 2025 at Palm Desert Civic Park and help us make this year’s day of celebration, compassion, and community a real milestone occasion.

Look in the mirror and raise your hand to say that you are volunteering your time and your heart again to the effort, that you are ready to *be* NAMIWalks. As more and more people require what NAMI offers – the programs, education, advocacy, guidance and camaraderie – more of us need to step up to the starting line.

Take your first step today and get ready to join the joy. Register for **NAMIWalks Coachella Valley 2025**. Commit to our community as tens of thousands do every year – locally, and across the country in more than 160 locations. We are proud to be a part of this powerful movement and welcome you to join NAMIWalks Coachella Valley.

Join us, contact us, and find more information at [NAMIWalks](https://www.namiwalks.org).

Christine Thomstad

With great appreciation,
Christine Thomstad, Walk Manager



namiWalks

Coachella Valley



I am NAMI Walks

Saturday, November 15
Start time: 9AM

Palm Desert Civic Center Park,
Palm Desert, California

Learn more at
namiwalks.org/coachellavalley



OUR SPONSORS





namiWalks

Coachella Valley



Soy NAMI Walks

Sábado, 15 de noviembre
Hora de inicio: 9AM

Palm Desert Civic Center Park,
Palm Desert, California

Más información en
namiwalks.org/coachellavalley



NUESTROS PATROCINADORES



CLASSES

NAMI Coachella Valley provides classes and presentations to the community. Each is tailored for a specific population.

NAMI Family-to-Family

NAMI Family-to-Family is a free, 9-session educational program for families, significant others, and friends of people with mental health conditions. NAMI Family-to-Family is taught by NAMI-trained family members who have been there and includes presentations, discussions, and interactive exercises.

NAMI Peer-to-Peer

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

Taught by trained leaders with lived experience, this program includes activities, discussions, and informative videos.

Presentations

NAMI Coachella Valley welcomes any community for presentations. Our goal is to educate the public on how stigma can impact access to mental health services and how loved ones and individuals can support one another and advocate for themselves.

**“I’ve really
learned how to
cope with my
triggers better,
and I’m now on
the path to truly
loving myself.”**

41550 ECLECTIC ST.
PALM DESERT, CA 92211

442.275.7385

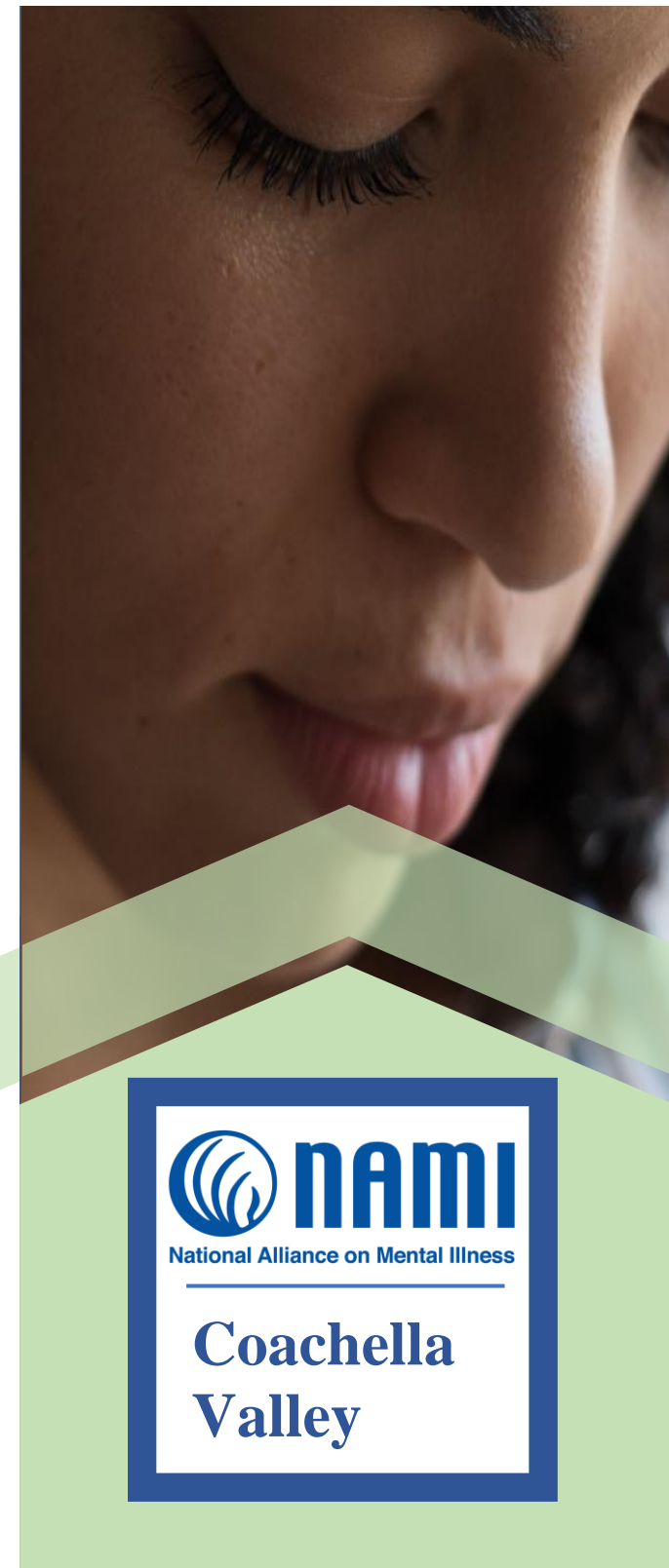
NAMICOACHELLAVALLEY.ORG

NAMI Coachella Valley is a non-profit 501(c)(3)
Federal Tax ID: 33-0040210



National Alliance on Mental Illness

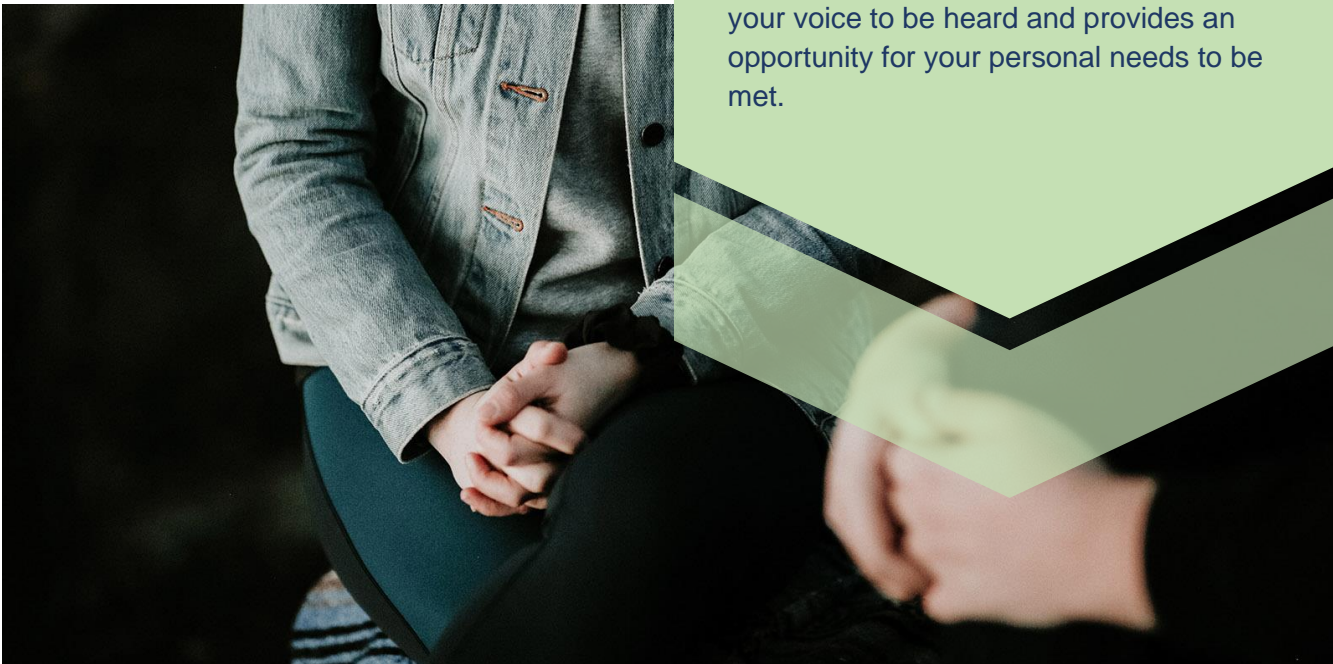
**Coachella
Valley**



NAMI COACHELLA VALLEY

Founded in 1984 by Maxine Stallcop, NAMI Coachella Valley has become part of the nation's largest grassroots mental health organization. We strive to advocate for lives of quality and respect, free of any discrimination and stigma. Our goal is to advocate at the county, state, and national levels for non-discriminatory access to quality healthcare, housing, education, and employment for people with mental health conditions.

The vision of NAMI Coachella Valley is to provide help, hope, and recovery and the most effective mental health education and support resource in our community, eliminating the stigma of mental illness and ensuring that every person living with mental health challenges has access to appropriate, affordable care to aid in recovery.



FAMILY SUPPORT

NAMI Family Support Group is a free peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- For adult loved ones of people with mental health conditions
- 90 minutes long; meets twice a month
- No specific treatment is endorsed
- Confidential

By sharing your experiences in a safe setting, you can gain hope and develop supportive relationships. This group allows your voice to be heard and provides an opportunity for your personal needs to be met.

NAMI CONNECTIONS

NAMI Connection Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others.

NAMI's support groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

- Free of cost to participants
- For adults with mental health conditions
- Led by people with mental health conditions
- 90 minutes long; meets twice a month
- No specific treatment is endorsed
- Confidential

As a reminder, NAMI programs are not intended to, and should not be used to, replace the support of mental health professionals. We cannot, and do not, assume the roles of physicians or therapists.

Please seek immediate professional help if you or someone else is:

- Having thoughts of suicide or harming others
- Unable to provide self-care
- Abusing substances, and/or
- In danger of being harmed

What is the NAMI Family Support Group Program?

When a family member develops a mental health condition, it is important to know how to cope. Family members often play a significant role in helping and supporting their loved one through a crisis and daily life functions. FSG is a valuable resource for families who have a loved one with a mental health condition.

You are not alone...join us



IN PERSON

When 2nd Monday of the month
Time 6pm-730pm
Where 81557 Dr Carreon Blvd, Suite C-9, Indio
Phone (442)275-7385



VIRTUAL

When 3rd Monday of the month
Time 6pm-730pm
Where ZOOM
Email namicv@namicoachellavalley.org

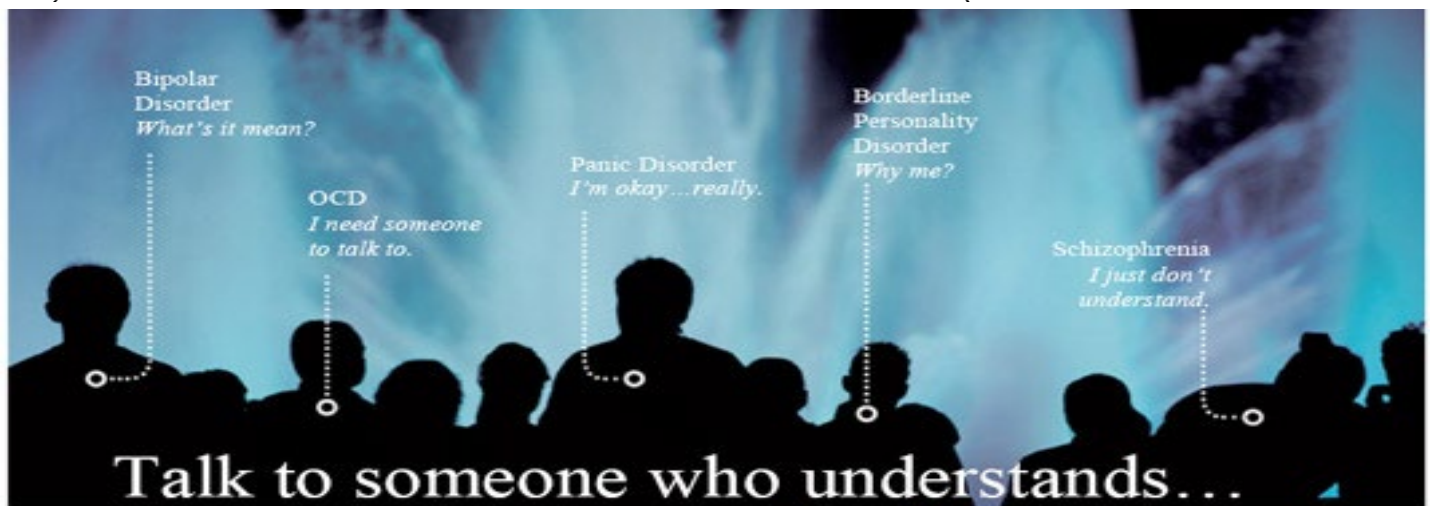


NAMI Connection

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

NAMI Connection is a recovery support group program that offers respect and understanding. Meetings are guided by NAMI Connection's Principles of Support.

- Connection is a safe recovery support group for adults with mental health conditions regardless of their diagnosis, free and confidential.
- Connection is led by trained individuals who are also in recovery people who understand the daily challenges we face.
- Connection does not recommend or endorse any medications or other medical therapies.



Talk to someone who understands...
someone just like you

JOIN US IN PERSON

Day 2nd Monday of the month
Time 6:00 p.m.-7:30 p.m.
Where Oasis Community Services, 81-557 Dr. Carreon Blvd. C-9, Indio
Website www.namicoachellavalley.org



Day 3rd Monday of each month
4th Friday of each month
Time 6:00 p.m.-7:30 p.m.
Email namicv@namicoachellavalley.org

PO Box 4015, Palm Desert, Ca 92261 Phone #(442)275-7385
Email: namicv@namicoachellavalley.org
NAMI is a non-profit 501 (c)(3) Federal Tax ID #33-0040210
Website: www.namicoachellavalley.org