edrc Presents: Ask the Experts

Barbara St. Clair

Saturday, February 20, 2027
10AM – 11AM PST

NAMI Santa Clara County Support for Families and Caregivers

NAMI-SCC, the largest NAMI (National Alliance on Mental Illness) affiliate in California has worked in Santa Clara County for 50 years providing support, education and advocacy to help individuals and families living with mental health conditions. Today, 1 in 5 adults live with a mental health condition - 340,000 adults in Santa Clara County.

For over 20 years, **Barbara St. Clair** has worn many hats at NAMI. First as a volunteer then later as a staff member, she has taught family and provider education classes, worked on the Helpline and has coordinated multiple NAMI education and support programs. Barb is a family member at NAMI-SCC; her son, John lived with schizophrenia for 25 years. Retired in 2022 after 45 years in technical sales, Barb is now working at NAMI-SCC in an outreach role expanding the awareness and utilization of NAMI-SCC's free mental health programs within Santa Clara County.

Barb's workshop will cover: mental health statistics, recognizing signs and symptoms, treatment and recovery options, combating stigma, and NAMI-SCC Education and Support Programs for families and caregivers.

CLICK HERE TO REGISTER — ZOOM EVENT

Please send your questions to ***Veena@EDRCSV.org*** *by* ***Friday*****, February 19TH, 2027.**



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50 YEARS NAMI National Alliance on Mental Illness | Santa Clara County

edrc Eating Disorders Resource Center

Santa Clara Family Health Plan