

NAM Wake Featured Personality – Gordon Gogola, Support Group Coordinator

Gordon grew up in Buffalo, New York. He earned his undergraduate degree in Chemistry at Niagara University. After college, he spent 7 years in the Army to include a tour in Vietnam as a Combat Commander. While in the Army, he attended graduate school at the American University and at the University of Alabama. These studies included applied mathematics, psychology, and management.

After the service, he embarked on a career as an Engineering project manager. He currently works as a project manager and account manager with a large pharmaceuticals company as his client.

He joined NAMI 15 years ago in Houston, TX. For 5 years in Houston he facilitated the Family Support Groups. He moved to Raleigh 11 years ago. For the last 10 years he has facilitated the Family support group and Consumer Support Group for NAMI Wake. He also is a NAMI national trainer training other support group facilitators. His role on the NAMI Wake board of directors is to coordinate all support group activities and coordinate between the F2F training course, NAMI Basics and the Support groups.

He frequently is a guest speaker for NAMI at other locations and other groups interested in mental health. He is currently working on a book with an author in England. The book title is “Healing Warrior”. It discusses family relationships and how to improve those relationships with mentally ill relatives.



Gordon training facilitators in Moore County.