



 **NAMI** | **Family Support Group**
National Alliance on Mental Illness

Understanding diagnosis, disabilities, and mental health can be challenging—but understanding that on behalf of a loved one can present its own difficulties. Find hope and healing for your mental, spiritual, and emotional wellbeing in this support group.

NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. This gathering is a 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
- Designed for adult loved ones of people with mental health conditions
- Led by family members of people with mental health conditions
- Confidential and supportive
- No commitment and available at scheduled group times

When: Every 1st and 3rd Wednesday of the month from 12-1pm

Where: Room 3104 Cevagi-Kwe (Cloud), 3rd Floor of the River People Health Center

Facilitators: Crysta Elliott & Roshawnda Charley

For more information, call (480) 362-6948



Scan this QR code to access the NAMI website to learn more about other programs