



NAMI Family Support Group

NAMI Family Support Group is a free, confidential and safe support group of families helping other families who live with mental health challenges by utilizing their collective lived experience and wisdom. Learn best practices for caring for your loved one who is living with mental illness. Led by family members of individuals living with mental illness.

What You'll Gain

You will gain hope and develop supportive relationships. Individuals with mental illness can and do recover. This group encourages empathy, productive discussion and a sense of community. You'll benefit through other's lived experiences, discover your inner strength and learn how to identify and leverage local resources.

WHERE: South Lake Tahoe Library,
1000 Rufus Allen Road,
South Lake Tahoe, CA 96150

WHEN: 2nd Tuesday of each month starting June 9
2015 dates: Jun 9, Jul 14, Aug 11, Sep 8, Oct 13, Nov 10, Dec 8

TIME: 6:00 p.m. – 7:30 p.m.

Co-Support Group Facilitators: J&A Nelson

f2fnami@gmail.com 650-740-5776

For more information on NAMI visit: www.nami.org and
<http://www.namiel dorado.org>