

## WHAT IS THE NAMI FAMILY SUPPORT GROUP?

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

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
- 60-90 minutes long and meets weekly, every other week or monthly (varies by location)
- Designed for adult loved ones of people with mental health conditions
- No specific medical therapy or treatment is endorsed
- Led by family members of people with mental health conditions
- Confidential

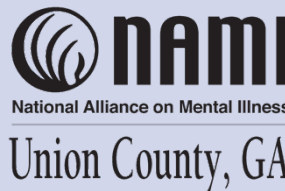


## PARTICIPANT PERSPECTIVES

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”



Contact us to  
register for this  
NAMI Family  
Support  
Group!

For more information or to register, please contact:

**Martha at [marthaheffner2@gmail.com](mailto:marthaheffner2@gmail.com)**

**Join our Support Group**

**4<sup>th</sup> Monday of each month  
5:30-7:00pm**

1349 Bluebird Rd

Mineral Bluff, Georgia 30559

*North of Blue Ridge, near intersection Hwy 515 & 60*

## ABOUT NAMI