 **Family Support Group**

**What is the NAMI Family Support Group Program?**

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. Family member can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI INLAND VALLEY, the local affiliate of the National Alliance on Mental Illness, will start a NAMI Family Support Group in Victorville beginning FEBRUARY 5, 2019. The support group will meet on the first Tuesday on each month from 6 to 8:15 PM at the VICTORVILLE NAZARENE CHURCH, 13801 RODEO DR. VICTORVILLE, CA 92395



**The support group will meet on 2/5/19, 3/5/19, 4/2/19, 5/7/19, 6/4/19, 7/2/19, 8/6/19, 9/3/19, 10/1/19,11/5/19, 12/3/19. (Facing East, we will meet in the 1st classroom to the left behind the main church.)**

**For More Information Call (760) 217 - 4109.**

**Participant Perspectives**

* “Before coming to the support group, we had never spoken about mental illness to our neighbors, friends and often not even to our relatives.”
* “I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time.”