



# Family Support Group

## 2021 Apple Valley Meeting Schedule

**For family members that have a loved one living with mental illness**

**Meetings are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 6 – 7:30 PM**

**NAMI Family Support Group** is a free, bi-weekly meeting for family members of individuals with a mental illness where family members can talk frankly about their challenges and help one another through their learned wisdom. These meetings are facilitated by trained NAMI members and they provide emotional support and resources that can help family members with a loved one living with mental illness. You are not alone!



**Location:** This meeting will be held via Zoom until further notice. Email [info@namiinlandvalley.org](mailto:info@namiinlandvalley.org) for a meeting link. Once stay at home orders are lifted, we will be meeting at the Ascension Lutheran Church, located at 22130 Ottawa Road, Apple Valley, CA. Dates are listed below. Meetings are FREE and CONFIDENTIAL.

### **2021 MEETINGS SCHEDULE**

**JANUARY 14<sup>th</sup> AND 28<sup>th</sup>**

**FEBRUARY 11<sup>th</sup> AND 25<sup>th</sup>**

**MARCH 11<sup>th</sup> AND 25<sup>th</sup>**

**APRIL 8<sup>th</sup> AND 22<sup>nd</sup>**

**MAY 13<sup>th</sup> AND 27<sup>th</sup>**

**JUNE 10<sup>th</sup> AND 24<sup>th</sup>**

**JULY 8<sup>th</sup> AND 22<sup>nd</sup>**

**AUGUST 12<sup>th</sup> AND 26<sup>th</sup>**

**SEPTEMBER 9<sup>th</sup> AND 23<sup>rd</sup>**

**OCTOBER 14<sup>th</sup> AND 28<sup>th</sup>**

**NOVEMBER 11<sup>th</sup>**

**DECEMBER 9<sup>th</sup>**

Sponsors:





## 2021 Apple Valley Meeting Schedule

For adults 18+ living with a mental health condition

**Meetings are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 6 – 7:30 PM**

Connections Recovery Support Group is a free, bi-weekly meeting. This is not therapy or for crisis intervention.

This group promotes social connection and support.

This group promotes compassion, mindfulness, self-care and communication.

This group is led by a facilitator who themselves live with mental illness.



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