



## Family Support Group

### 2022 Apple Valley Meeting Schedule

**For family members that have a loved one living with mental illness**  
Meetings are held in person on the 2<sup>nd</sup> Thursday of the month and via Zoom  
the 4<sup>th</sup> Thursday of the month – both meetings are held 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.



**Location: In person:** Ascension Lutheran Church, located at 22130 Ottawa Road, Apple Valley, CA. To attend a **Zoom** meeting, email [info@namiinlandvalley](mailto:info@namiinlandvalley) for a registration link. Meeting dates are listed below. Meetings are FREE and CONFIDENTIAL. For more information call: (760) 217 – 4109.

#### **2022 MEETINGS SCHEDULE**

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

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

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

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

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

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

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

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

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

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

**NOVEMBER 10<sup>th</sup>**

**DECEMBER 8<sup>th</sup>**

Sponsor:





## 2022 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.

*You are not alone!*



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