



Family Support Group

2020 Apple Valley Meeting Schedule

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

Meetings are held on the 2nd and 4th Thursday of the month from 6 – 8 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: Ascension Lutheran Church is located at 22130 Ottawa Road, Apple Valley, CA. Dates are listed below. Meetings are FREE and CONFIDENTIAL.

2020 MEETINGS SCHEDULE

JANUARY 9th AND 23rd

FEBRUARY 13th AND 27th

MARCH 12th AND 26th

APRIL 9th AND 23rd

MAY 14th AND 28th

JUNE 11th AND 25th

JULY 9th AND 23rd

AUGUST 13th AND 27th

SEPTEMBER 10th AND 24th

OCTOBER 8th AND 22nd

NOVEMBER 12th

DECEMBER 10th

Sponsors:





2020 Apple Valley Meeting Schedule

For adults living with a mental health condition

Meetings are held on the 2nd and 4th 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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