

## IN-PERSON FAMILY SUPPORT GROUP

### NAMI FAMILY SUPPORT GROUPS

- Designed for adults 18 and over caring for those with mental health conditions
- No cost to participants
- Confidential
- Emotional connection of people who have “been there”
- Decreased internalized blame

#### Where:

Warren-Newport Public Library  
224 O'Plaine Rd, Gurnee  
From 7:00 - 8:30 p.m.

Walk-ins welcome

#### Meets on the 2nd Tuesday of the month

#### 2025 Groups:

- February 11
- March 11
- April 8
- May 13
- June 10
- July 8
- August 12
- September 9
- October 14
- November 11
- December 9



[www.NamiLake-IL.org](http://www.NamiLake-IL.org)  
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