

Family Support Group Meets In Person

Peer Support



- **Designed for adults 18 and over caring for those with mental health conditions**
- **No cost to participants**
- **Confidential**

JOIN US

Group meets at 7 - 8:30 p.m.
on the 3rd Tuesday each
month at United Protestant
Church, 54 S. Whitney St,
Grayslake

Please enter in the back
of the building.



NAMI Family Support Group
will help you:

- Aim for better coping skills
- Find strength in sharing experiences
- Not judge anyone's pain

What People Are Saying

"The most beneficial thing for me was that I am not alone. I found the NAMI Family Support Group at the time I really needed it!"

Contact us: English (847) 249-1515
Spanish (224) 818-6264
<https://namilake-il.org>
Email: NamiSupport@hotmail.com