



WE ARE
Stronger
TOGETHER

NAMI Family Support Group ‘Antioch’ is a peer-led group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

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

Antioch Public Library
757 North Main St
Antioch, IL

Time
7 - 8:30 p.m.

Walk-ins are Welcome

NAMI Family Support Group will help you:

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

Group meets on the 4th Monday of every month
May 19, 2025 in lieu of Memorial Day
June 23, 2025
July 28, 2025
August 25, 2025
September 22, 2025
October 27, 2025
November 24, 2025
December 22, 2025
January 26, 2026



Lake County Illinois

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