



****NEW****

NAMI Family Support Group

- 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**

**Group meets on the
4th Monday of
every month
starting in
October 2024**

- Oct 28, 2024
- Nov 25, 2024
- Dec 23, 2024
- Jan 27, 2025
- Feb 24, 2025
- Mar 24, 2025

**NAMI Family
Support Group
will help you:**

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