

Lake county  
Illinois

# Family Support Group



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

**JOIN US ON OCTOBER 19th from  
7 - 8:30 p.m.**

**Group meets on the  
3rd Tuesday each month at  
United Protestant Church  
54 S. Whitney St, Grayslake**

**Please enter in the back of  
the building.**

**Social  
distancing  
and  
mask wearing  
is required.**

**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](mailto:NamiSupport@hotmail.com)**