



# NAMI

National Alliance on Mental Illness

# Amador

For **caregivers and family members** of individuals with:

- Major depression
- Bipolar disorder
- PTSD
- Schizophrenia
- Schizoaffective disorder
- Panic disorder
- Obsessive Compulsive disorder



## Family Support Group ZOOM

*You are Not Alone*

Our Family Support Group offers respect, understanding, encouragement and hope and is:

Facilitated by trained volunteer members who know what it is like to have a loved one with a serious mental illness.

There is **no cost** for attending any of NAMI Amador's Support Groups.

***4<sup>th</sup> Tuesday of each month: 7:00-8:30 PM***

*Please contact group facilitators Stacey: 209-304-0868, or Terri: 209-418-5615 to register.*



WELLNESS • RECOVERY • RESILIENCE

PO Box 482 Jackson, CA 95642 • [www.namiamador.org](http://www.namiamador.org) • 209-256-1293

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