



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 are:

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

There is **no cost** for Family Members, Caretakers and those living with a mental illness to participate in NAMI Support Groups.

4th 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 • 209-256-1293

Sponsored by NAMI Amador and Amador County Behavioral Health with Mental Health Services Act funding