

Coming  
online  
via  
Zoom in  
June!

## What is the NAMI Family Support Group Program?

NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family member can achieve a renewed sense of hope for their loved one living with mental health challenges.

**Pre-registration is required. Email your interest to [online@namibuffalony.org](mailto:online@namibuffalony.org) for which group, and your phone number. We will call to register you.**



## Participant Perspectives

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time.”

## NAMI Family Support Groups online (choose one of the five groups.):

1<sup>st</sup> Wednesday of the month, 12-1:30 pm

2<sup>nd</sup> Thursday of the month, 7-8:30 pm

3<sup>rd</sup>, Wednesday of the month, 7-8:30 pm

3<sup>rd</sup> Thursday of the month, 7-8:30 pm

4<sup>th</sup> Wednesday of the month, 7-8:30 pm



Space is limited. Email [online@namibuffalony.org](mailto:online@namibuffalony.org) with the group you prefer, and your name and phone number for us to call to register you; or call 716-226-6264 for more info.



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## About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Buffalo & Erie County is an affiliate of NAMI NYS. NAMI Buffalo & Erie County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.