

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.

NAMI Waterbury, the local organization of the National Alliance on Mental Illness Connecticut in collaboration with **Warrior Princess, Inc.** will offer a **NEW NAMI Family Support Group in Spanish Beginning December 8th, 2016 in Waterbury.**

It will be held every second **Thursday** of the month from 6:30 to 8:00 PM



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.”

Contact us to find out more about NAMI Family Support Groups!

NAMI FAMILY SUPPORT GROUP

Location: One Exchange Place (4th Floor)

21 West Main Street, Waterbury, 06708

BEGINS w/1ST MEETING: December 8th 2016

2th Thursday of the month 6:30–8:00 p.m.

More information: Brenda: 203-725-0062

****Note: You need to call and register in order to attend.***

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 Southwest CT. is an affiliate of NAMI Connecticut. NAMI Connecticut 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.