NAMI Western Nevada
National Alliance on Mental Illness

Mental Health Family & Peer Support Groups

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives. Family Support Groups were launched in 1999, andare available in 47 states, Canada, and Mexico. Connection Support Groups for Peers are offered in 45 states and were started 3 years ago.

What is a NAMI Family Support Group?

- A FREE confidential support group for loved ones of people living with mental illness
- NAMI Family Support Group fosters group discussion and interaction
- Lead by trained volunteer facilitators who have a loved one living with mental illness
- Does not recommend or endorse any medications
- Solve problems by using the combined wisdom of group members
- Families join a caring group of people that encourage, support, and empower each other
- Families are no longer alone and have a renewed sense of hope

What is a NAMI Connection Support Group for Peers?

- A FREEconfidential support group for adults living with mental illness
- Discusses personal challenges and recovery
- Led by trained peer facilitators who are experienced in living well with mental illness
- Share coping strategies and offer one another support and understanding

Where: Carson Tahoe Behavioral Health Services at 1080 N. Minnesota Street, Building B, Carson City, NV. Located where William Street dead ends into Minnesota.

Dates& Time: The **2nd**and 4thWednesdays of each month
forregular Support Groups.Some 4th Wednesdays will have speakers.
Time**6:00 – 7:30 PM**

For More Information: Check out articles and local events at **http://namiwesternnevada.org**or NAMI National at **www.nami.org,** and please "Like" us on Facebook at NAMI Western Nevada
First time attendees, callto register and confirm meeting.Kathy (775) 225-1952 or
Pat (775) 882-6905. Updated 5/10/17

FLEISCHMANN WAY
MOUNTAIN ST
DIVISION ST
CTH
Specialty Medical
Center
Mallory BHS
Crisis Center
PARK
WILLIAM ST
Entrance
N. MINNESOTA
WASHINGTON ST
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