

NAMI Family & Peer Support Groups

What is NAMI ?

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.

NAMI Family Support Group

- A **FREE** confidential support group for loved ones of people living with mental illness
- Lead by trained volunteer facilitators who have a loved one living with mental illness
- Does not endorse any specific therapy or medication
- Solve problems by using the combined wisdom of group member's experience
- A non-judgmental group of people that encourage, support, and empower each other
- Families are no longer alone and have a renewed sense of hope
- Reject stigma and do not tolerate discrimination

NAMI Connection Support Group for Peers

- A **FREE** confidential support group for adults living with mental illness
- Use group wisdom of peers to process the challenges of recovery
- Led by trained peer facilitators who themselves live with mental illness
- Find strength in a stigma free accepting environment

Carson Tahoe Behavioral Health Services

at 1080 N. Minnesota Street, Build. B,
Rooms 127 & 137, Carson City, NV.

Located where William Street dead ends into Minnesota

Monthly
2nd and 4th Wednesdays
Time: 6:00 – 7:30 PM

For More Information Please Call

Linda 775-440-1626

Calendar schedule & events

namiwesternnevada.org