



NAMI

National Alliance on Mental Illness

Family Support Group

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, participants join a caring group of people helping one another by utilizing their collective lived experiences and learned wisdom. The Groups are facilitated by trained individuals, with the lived experience of loved ones who struggle with mental health challenges.

NAMI of Southwest Michigan (formerly NAMI of Kalamazoo) currently offers two (2) NAMI Family Support Groups:

- * At Integrated Services of Kalamazoo (ISK), located at 418 W. Kalamazoo Ave. (Kalamazoo), on the **second Tuesday** of each month from 6:30-8:00pm, and
- * At Victory Baptist Church, located at 308 W. Milham Ave. (Portage), on the **fourth Monday** of each month from 6:30-8:00pm.

* **Registration is not required and the groups are FREE!** *

Consider trying a group if you've felt overwhelmed, confused, frustrated, sad, or stressed because someone you care about is suffering from a mental health issue. Come and find support in a place where you can speak freely with others who have faced similar experiences; as well as, achieve a renewed sense of hope.



For further information about NAMI's Family Support Groups visit the NAMI of Southwest Michigan website www.namismw.org, or contact:

NAMI of Southwest Michigan
Richard Thompson, Family Education Coordinator
Richard@namikzoo.org
(269) 459-7177



Community • Independence • Empowerment

For further information about ISK's Family Support Services, please call (269) 364-6961.

A Family Support Specialist will provide emotional support and guidance while helping to problem solve, clarify options and cope during times of crisis.