



#### 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.

#### Friends and Family Support Groups

Peer-led support groups for family members of individuals living with mental health conditions.

**Last Wednesday of the Month at 7:00 pm (Starting September 28, 2022)**

**Location:** Brookfield Senior Center 100 Pocono Road Brookfield CT 06804

**Contact:** Lisa: 845-548-4961 - Matt: 973-885-7015

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\*\*\*no RSVP necessary\*\*\*



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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 Waterbury is an affiliate of NAMI CT. NAMI Waterbury 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.