NAMI Mid-Hudson
National Alliance on Mental Illness

# Monthly Family Support Groups

**** Resources * Support * Hope ****

**1st Wednesday of every Month In-Person or on Zoom 6:30 pm - 8:30 pm**

Facilitators: Jo Ann and Debbie

In-Person at the Dover Library in Wingdale - 1797 Rt 22 Wingdale NY 12594

Park on Pleasant Ridge Rd (left side of the building) Enter library's main door;
turn right and proceed down the hallway to the conference room

To attend via Zoom call 845-206-9892 or contact@namimidhudson.org

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**2nd Monday of every Month In-Person 6:30 pm - 8:30 pm**

Facilitators: Jane and Karen

Perkins Restaurant (Back Room)

1576 US 9 Wappingers Falls NY 12590

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**3rd Tuesday of every Month on Zoom 6:30 pm - 8:30 pm**

Facilitators: Lenny and Natalie

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**4th Monday of every Month on Zoom 6:30 pm - 8:30 pm**

Ulster Facilitators: Kie and John

**For more information or to register, please call (845) 206-9892**
**or email contact@namimidhudson.org.**

*For the NAMI Mid-Hudson Family Support Groups that are being held virtually*
*(attend via Zoom or phone) please call for registration details.*

Support Groups are a resource for family members and friends who have a loved one living with a mental health condition. These groups meet on a weekly basis to provide mutual support by trained facilitators who are family members themselves. They provide opportunities for family members and friends of people living with a mental health condition to explore ideas and solutions to the problems they are experiencing.

Receive support, guidance, and encouragement from people with similar experiences.

**www.namimidhudson.org**