

IN-PERSON FAMILY SUPPORT GROUP

NAMI FAMILY SUPPORT GROUPS

- Designed for adults 18 and over caring for those with mental health conditions
- No cost to participants
- Confidential
- Emotional connection of people who have “been there”
- Decreased internalized blame

Where:

Warren-Newport Public Library
224 O'Plaine Rd, Gurnee
From 7:00 - 8:30 p.m.

Walk-ins welcome

Meets on the 2nd Tuesday of the month

2024 Groups:

- January 9
- February 13
- March 12
- April 9
- May 14
- June 11
- July 9
- August 13
- September 10
- October 8
- November 12
- December 10



www.NamiLake-IL.org
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