

### \*\*NEW\*\*

# **NAMI Family Support Group**

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



Antioch Public Library 757 North Main St Antioch, IL

> Time 7 - 8:30 p.m.

Walk-ins are Welcome Group meets on the
4th Monday of
every month
starting in
October 2024

- · Oct 28, 2024
- Nov 25, 2024
- Dec 23, 2024
- Jan 27, 2025
- · Feb 24, 2025
- Mar 24, 2025

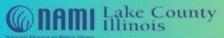
NAMI Family Support Group will help you:

- Aim for better coping skills
- Find strength in sharing experiences
- Not judge anyone's pain



Contact us: English (847) 249-1515 Spanish (224) 818-6264 https://namilake-il.org

Email: NamiSupport@hotmail.com



## **In Person Support Groups**











### A SAFE AND CONFIDENTAL PLACE

#### NAMI Lake County Illinois in-person support groups

- Family Support: 4th Monday at 7 p.m. at Antioch Public Library
   757 North Main St. Antioch \*\*\* Start Date October 28, 2024 \*\*\*
- Family Support: 2nd Tuesday at 7 p.m. at the Warren-Newport Public Library, 224 O'Plaine Rd, Gurnee.
- Family Support: 3rd Tuesday at 7 p.m. at the United Protestant Church, 54 S. Whitney St, Grayslake. Please use the rear door entrance.
- NAMI Connections: 1st and 3rd Monday at 4 p.m. at St. Paul's Lutheran Church located at 824 N. Lewis Ave, Waukegan
- Walk & Talk: Open to everyone. Meets monthly on the last Saturday at 11 a.m. at Independence Grove, (Meet at North Pavilion-West Side of Lake) 16400 W Buckley Rd, Libertyville. Contact: 847-404-2634



ONLINE SUPPORT

