



**\*\*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



Lake County  
Illinois

Contact us: English (847) 249-1515  
Spanish (224) 818-6264  
<https://namilake-il.org>  
Email: [NamiSupport@hotmail.com](mailto:NamiSupport@hotmail.com)



**A SAFE AND CONFIDENTIAL 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

