

# FAMILY SUPPORT GROUP

YOU ARE NOT ALONE.

For adult family members of a loved one with a mental health concern.

## What is Family Support?

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

JOIN US



2nd Thursday every month  
6:30 - 8PM



Cancellations will be posted on Project SUN's Facebook page.



Peer Support (not Therapy)

Trained Facilitators

Always Free

Our Promise

 **nami** Illinois  
National Alliance on Mental Illness

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PROJECT SUN Project and Program Name