



Family Support Group



Find hope in knowing that you're not alone

Offered by NAMI Affiliates in communities across the country, **NAMI Family Support Groups are free, confidential, and safe groups of families helping other families** with loved ones who live with mental health challenges.

In NAMI Family Support Groups, family members (18 years and older) join a caring group of people **helping each other by sharing their collective lived experiences and learned wisdom**. These groups are led by trained family members of people living with mental illness who know how you're feeling.

Individuals and families whose lives are affected by mental health conditions face many unique challenges such as **social stereotypes and misunderstanding, complex family dynamics, and changing medical developments**. Through NAMI Family Support Groups, family members can achieve a renewed sense of hope for their loved one living with mental health challenges – **with a community who understands**.



"Having a supportive community who understands and has been in my shoes or is currently in a similar situation, knowing I was being held in community, is huge."

– NAMI Family Support Group Participant

ABOUT NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.



NAMI Augusta Family Support Group
When: 3rd Monday of the Month
Time: 6:00-7:30PM
Location: Reid Memorial Presbyterian Church
2261 Walton Way, Augusta, GA
Email: family.namiaugusta@gmail.com
Website: namiaugusta.org

