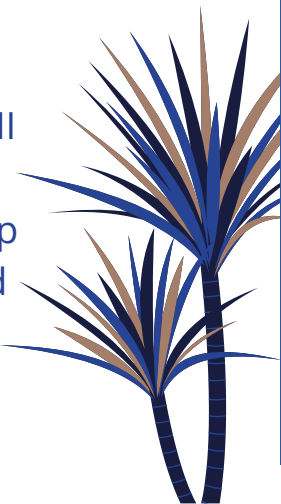




Participant Perspectives

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“I just attended my first NAMI Family Support Group and the facilitators, and the group experience was just the kind of support I was seeking at this time.”



NAMI Family Support Groups, offered by NAMI Valley of the Sun, are free, confidential, and a safe group for family members, care givers, and/or friends who have loved ones living with mental illness

In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom.

Led by trained facilitators (with lived experience with their loved one), the groups follow a structured model, ensuring that everyone has an opportunity to be heard, if they choose.

Why? Share your experiences, discuss challenges & successes, receive support in a confidential environment. Learn how to facilitate recovery for yourself and loved ones.

NAMI Valley of the Sun, the local organization of the National Alliance on Mental Illness, offers its NAMI Family Support Group Program ONLINE a few times a month via zoom.

Please go to NAMI Valley of the Sun’s website for more information. <https://namivalleyofthesun.org/support-groups/>

