

What is the NAMI Family Support Group Program?

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants. It can offer you practical advice on addressing issues related to mental illness and your loved one and gives you the appropriate space to have your personal needs met so that you can provide the best possible care for your family member. The NAMI Family Support Group is a 60-minute session, free of charge. Attendance is optional and confidential.

NAMI Northwoods offers its NAMI Family Support Group on the 2nd Wednesday of the month, beginning September 13th from 6:00 p.m. – 7:00 p.m. Meetings are held at Good Samaritan Hospital in the DeAngelis room.



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