

NAMI FAMILY SUPPORT GROUP

Family Support Group is for family members and friends of those who are coping with the stressors of serious and persistent brain disorders. The support group is led by two trained facilitators who are members of **NAMI Lansing** and who also have family members with a mental illness.

NAMI support groups provide a structured group experience which is of practical, immediate relevance to the needs of caregivers. Knowing that others have had the same experiences is a relief to families who may have never spoken about mental illness to neighbors, friends, and often not even to their relatives. Learning that others have been able to work out some of the problems associated with mental illness can inspire new hope in the families who attend a support group.

The support group facilitators are not professionals and the support group is not a treatment program. This is a structured self-help group based on discussion and acceptance. **NAMI Lansing** is not liable for any suggestions given.

Cancellation Policy: NAMI Connection will not meet if Lansing School District is closed.

It shall be the policy of NAMI Lansing to provide equal membership/employment/service opportunities to all eligible persons without regard to race, religion, color, national origin, citizenship, age, sex, marital status, parental status, handicap, membership in any labor organization, political affiliation, and, for employment only, height, weight, and record of arrest without conviction.

TIME: Every Tuesday from 7- 8:30 PM

LOCATION: Sparrow Behavioral Health – First Floor – Follow signs
Sparrow St. Lawrence Campus at 1210 W. Saginaw in Lansing

CALL: 517-484-3404 OR www.namilansing.org – Support groups

