



Family Support Group

NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family member can achieve a renewed sense of hope for their loved one living with mental health challenges.

2nd and 4th Saturday from 1pm to 2:30pm

NAMI WNV Center 1711 N Roop Street, Carson City

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Western Nevada is an affiliate of NAMI Nevada. NAMI Western Nevada and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.



**For more information contact NAMI WNV
775-350-7977**



NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope.

NAMI Connection groups are:

- Free and confidential
- A stigma-free environment to find sincere, uncritical acceptance and support
- Learn from others through group wisdom and shared lived experiences in recovery
- Held weekly for 90 minutes
- Led by trained facilitators living in recovery themselves



**Every Saturday
1pm to 2:30pm**

**At the NAMI WNV Center
1711 N Roop Street, Carson City**

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