



## What Is NAMI

**NAMI** is the [National Alliance on Mental Illness](#), the nation's largest grass roots 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 Family Support Group

- A **FREE** confidential support group for loved ones of people living with mental illness
- Lead by trained volunteer facilitators who have a loved one with mental illness
- Does not endorse any specific therapy or medication
- Solve problems by using the combined wisdom of group member's experience
- An accepting non-judgmental group of people that encourage, support, and empower each other
- Families are no longer alone and have a renewed sense of hope
- Reject stigma and do not tolerate discrimination

**Every Tuesday at 5 PM**

**Winnemucca United Methodist Church,**

**138 W Winnemucca Blvd, 89445**

**For More Information Please Call/Text**

**Pam Gubka at (775) 304-3434**

**Judy Robbins at (916) 718-3797**



**nami**  
National Alliance on Mental Illness

**Western Nevada**