



## What is the NAMI Family Support Group Program?

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.

**NAMI Urban Los Angeles**, the local organization of the National Alliance on Mental Illness, offers its **NAMI Family Support Group Program** on the **2<sup>nd</sup> and 4<sup>th</sup> Thursdays** of each month from **7:00-8:30 PM PST** via **Zoom**. You can register by visiting: [namiurbanla.org/family-support-group](http://namiurbanla.org/family-support-group) **Contact us to find out more!**



## 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.”

“NAMI Family Support Group really works, and it makes the group experience even better.”

“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.”

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## 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 Urban Los Angeles is an affiliate of NAMI California. NAMI Urban Los Angeles 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.

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## **NAMI Family Support Group**

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Peer-led support group for family members, caregivers and loved ones of individuals living with mental health challenges. Gain insight from the challenges and successes of others facing similar circumstances. NAMI's Support Groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Our bi-weekly Family Support Groups are free of cost to participants.
- Designed for adult loved ones (18+) of individuals living with mental health challenges.
- Confidential meetings are led by family members of individuals living with mental health challenges.
- No specific medical therapy or medication is endorsed or recommended.

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## **What You'll Gain**

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By sharing your experiences in a safe and confidential setting, you gain hope and learn to develop supportive relationships. This group allows your voice to be heard and provides an opportunity for your personal needs to be met. It encourages empathy, productive discussion, and a sense of community. You'll benefit through other's experiences, discover your inner strength, and learn how to identify local resources and how to use them.

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## **NAMI Family Support Group will help you:**

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- See the individual first, not the illness.
- Recognize that mental illnesses are medical illnesses that may have environmental triggers.
- Understand that mental illnesses are traumatic events.
- Aim for better coping skills.
- Find strength in sharing experiences.
- Reject stigma and not tolerate discrimination.
- Not judge anyone's pain.
- Forgive ourselves and reject guilt.
- Embrace humor as healthy.
- Accept that we cannot solve every problem.
- Work for a better future in a realistic way.