

A support group for family members, caregivers and friends of individuals living with mental health conditions. This group provides support to those who feel they are alone when they find they have a relative with a mental health condition. We discuss stigma, resources and ways that others have learned to deal with these challenges in our families. This group is confidential and free to the community. Please join us!

What is NAMI Family Support Group:

NAMI Family Support Groups are 90-minute weekly support groups run by the family members of persons who live with mental health conditions. These groups offer a casual and relaxed approach to sharing the challenges and successes of coping with the mental illness of a loved one.

Families join a caring group of individuals helping one another through their learned wisdom. The goal of this group is to provide a place of encouragement, hope and understanding.

It is a place of support and confidentiality.

For more information go to www.namimtsanjacinto.org.

Support groups are Thursdays -
From 6:00 pm to 7:30 pm

Register on our website at www.namimtsanjacinto.org We will not meet on Holidays

Join Zoom Meeting

<https://us02web.zoom.us/j/969615569?pwd=VitOd3RiSkhKL0xCcVZ1bG1Tc3pkZz09>

Or by Phone: 669-900-6833 Meeting ID: 969 615 569 Passcode 153535

You're not alone.



Please contact: NAMI San Jacinto office 951-765-1850

namihemet@gmail.com NAMI San Jacinto

www.namimtsanjacinto.org

PO Box 716 San Jacinto, CA 92583