

FAMILY SUPPORT GROUP

Free Mental Health Support Group
for Family & Friends

2nd & 4th Wednesdays • 7:00 pm - 8:30 pm

**IN PERSON: Sentara Leigh Hospital Elizabeth River Conference Room,
830 Kempsville Rd., Norfolk**

NAMI Family Support Group is a peer-led support group for family members, caregivers, and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

Free of cost to participants • Designed for adult loved ones of people with mental health conditions • Led by family members of people with mental health conditions • No specific medical therapy or treatment is endorsed • Confidential and supportive

By sharing your experiences in a safe setting, you can gain hope and 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 from other's experiences, discover your inner strength and empower yourself by sharing your own experiences in a non-judgmental space.

Participants will need to show a photo id. Masks are required outside of the conference room.

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