

New Family Support Group Starting



White Mountains

Program affiliate of NAMI Payson

On-Going Monthly Support

6 to 7:30 PM

Family Support Group

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.

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.

Designed for adult loved ones (18+) of individuals living with mental illness. Meets the 1st Tuesday of each month and is led by family members of individuals living with mental illness. No specific medical therapy or medication is endorsed or recommended.

**Holbrook Recreation Center
465 N 1st Ave (across from City Hall)**

What You'll Gain

By sharing your experiences in a safe and confidential setting, you 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.

For more information
Call 928-298-1914
www.namiwmaz.org

Confidential

Free to
participants