

# New Location



White Mountains

Program affiliate of NAMI Payson

## On-Going Bi-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 2<sup>nd</sup> and 4<sup>th</sup> 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

## Summit Healthcare Regional Medical Center

2200 E Show Low Lake Rd, Show Low, AZ 85901 – Conference Room 4

### 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](http://www.namiwmaz.org)

Confidential

Free to  
participants