



**NAMI Family Support Group (2nd Wednesday of month)
at Circles of Care ALC
Commerce Drive
Melbourne**

Free and Open to the Public
Group begins at 6:00 pm and ends at 7:30 pm

Family Support Group is for family members and/or caregivers of persons with a diagnosed mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

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. You'll benefit through other's experiences, discover your inner strength, and learn how to identify local resources and how to use them.

*For more information, please contact 321 405 4896 or 321 259 8854
or email eaudelo@cfl.rr.com
spacecoastnami.org (local) www.nami.org (national)*