



**NAMI Space Coast Support Group (3rd Tuesday of month)
at Cocoa Library
Forrest Ave**

Free and Open to the Public

Group begins at 6:00 pm and ends at 7:45 pm

NAMI Space Coast Support Group is for family members and/or caregivers of persons and with a diagnosed mental illness and for persons suffering from mental illness. We 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 others' experiences, discover your inner strength, and learn how to identify local resources and how to use them.

For more information, please contact
Patti at 321 453-4462
spacecoastnami.org (local)
www.nami.org (national)