

# Are you living with someone with a Mental Illness?

Would you like to meet others who share similar experiences?

Consider attending:

**FREE!!**



**Now Twice per Month!**

*NAMI High Country Colorado*

## What is the NAMI Family Support Group Program?

NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family member can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI High Country Colorado, a local affiliate of the National Alliance on Mental Illness of Colorado, offers a **Free** Family Support group on the second and fourth Tuesday of every month from 7:00 to 8:30 PM in the Ten Mile Room, 2<sup>nd</sup> floor of the Medical Office Building located at 360 Peak One Dr, Frisco, CO Confidentiality will be maintained.



## Participant Perspectives

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time.”

Contact us to learn more about NAMI High Country's free programs!



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## About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI High Country and our dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.