



P.O. Box 482 Jackson, CA 95665 209-256-1293 namiamador@hotmail.com

Family Support Group

Zoom Meeting

For Family MEMBERS & CAREGIVERS

of individuals with:

Major Depression,

Bipolar Disorder, PTSD,

Schizophrenia, Schizoaffective Disorder,

Panic & Obsessive Compulsive Disorder,

Anxiety and other mental illnesses.

We are a volunteer self-help support, education and advocacy group for families and friends of persons living with serious mental illnesses.

The Group is facilitated by a team of trained volunteer family members who know what it is like to have a loved one with serious mental illness. There is no cost for family members and caretakers to participate in NAMI Family Support Groups.

FOURTH TUESDAY OF EACH MONTH:

7:00PM – 8:30PM FAMILY SUPPORT GROUP

If you would like to receive a link to the next meeting, drop us a line by email or phone.

More Information: namiamador.org
namicalifornia.org
www.nami.org

Facilitators:
Terri: 209-418-5615
Stacey: 209-304-0868

Do You Need Support?

Are you caring for a loved one with mental illness?

We are Families Helping Families



WELLNESS • RECOVERY • RESILIENCE