

Bipolar Disorder...
PTSD... Depression...
Anxiety...
Schizophrenia...



You are not alone.

**Are you caring for a loved one with mental illness?
We are Families Helping Families.**

NAMI Amador Family Support Group **Zoom Meeting**

FOURTH TUESDAY OF EACH MONTH:

7:00PM – 8:30PM FAMILY SUPPORT GROUP

If you would like to receive a link to the next meeting, please give us a call.

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

Facilitators: Terri 209-418-5615
Stacey 209-304-0861

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.



WELLNESS • RECOVERY • RESILIENCE

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