



# NAMI

National Alliance on Mental Illness

## Family Support Group

### 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 Kern County, the local organization of the National Alliance on Mental Illness, will offer its NAMI Family Support Group Program. It will be held on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month at 6:00-7:30 p.m. at the Kern County Mental Health 2001-28th Street, Bakersfield, CA 93301.



### 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 find out more about NAMI Family Support Groups!



# NAMI

National Alliance on Mental Illness

## Kern County

(661)805-6604

NAMI Kern County

P O Box 9144

Bakersfield, CA 93389-9144

namikern@yahoo.com

### 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 Kern County is an affiliate of NAMI California. NAMI Kern County and 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.