



**Family Support Groups
English**

Family Support Groups are for family members of individuals living with a mental illness. You will gain insight from the challenges and successes of others facing similar situations.

**Family Support Group
Spanish**

Family Support Groups will help you see the individual not the illness, aim for better coping skills, and accept that we cannot solve every problem.

**Family Support Groups
Outlying Areas**

“The most beneficial thing for me was that I am not alone. I found the NAMI Family Support Group at a time I really needed it.”
NAMI Support Group participant

Designed for adults (18 and older) with a loved one living with mental health challenges.

2nd and 4th Tuesdays, 6-7:30pm
2001-28th Street, Bakersfield

4th Tuesdays, 12-1:30pm
2300 S. Union Ave, Bakersfield

2nd Thursdays, 11am-2:30pm
2001-28th Street, Bakersfield

Every 4th Friday, 6-7:30pm
Consumer Family Learning Center
2001-28th Street, Bakersfield, CA

For more information about support groups
call (661) 858-3255

Delano
Every 3rd Thursday, 5:30-7pm
Delano Regional Medical Center
1401 Garces Hwy

Ridgecrest
Every Monday, 5-6:30pm
Ridgecrest Regional Hospital
1400 N. Norma, Ste 137



Bakersfield Recovery Support Group
Every Friday, 3-4:30pm
Beale Library
701 Truxtun Ave
(661)247-5426

Ridgecrest Recovery Support Group
Every Thursday, 5-6:30pm
Crossroads Community Church
235 N. China Lake Blvd
(760)384-8672

Lake Isabella Recovery Support Group
Every Monday, 1-2:30pm
Kern Valley Healthcare District
6412 Laurel Ave
(760)370-4793

Individuals with lived experiences of mental illness come together to share their experiences, struggles and challenges. You are not alone. There is Hope! Recovery is Possible!