



**Family Support Groups (Evening)**

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 (Day)**

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.

**Bakersfield**  
 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, 6-7:30pm  
 2001-28<sup>th</sup> Street, Bakersfield  
 For more information call (661)858-3255

**Bakersfield**  
 2<sup>nd</sup> Thursdays, 11am-12:30pm  
 2001-28<sup>th</sup> Street, Bakersfield,  
 For more information about support groups call (661) 858-3255

**Ridgecrest**  
 Every Monday, 5-6:30pm  
 Ridgecrest Regional Hospital  
 1400 N. Norma, Suite 137  
 For more information call (760)384-8672



**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!

**Check Us Out: FACEBOOK, INSTAGRAM & TWEETER**