

FOR IMMEDIATE RELEASE

*A West Sacramento Support Group
for Families of People with Mental Illnesses*

NAMI FAMILY SUPPORT GROUP

Will meet evenings at the West Sacramento Library
Free of Charge. Registration not required.

Upcoming meetings will be 6:15 – 7:45 pm on
Mondays October 1, October 29, November 19, December 10
1212 Merkley Ave., West Sacramento 95691

Family Support groups are designed for the adult relatives (parents, siblings, spouses and grown-up offspring) of people who experience mental illness. The groups are led by trained family members of people who experience mental illness. Meetings are confidential -- share as much or as little personal information as you want.

Groups offer families tools for caring for themselves and their loved ones.

If someone you love has a mental illness, NAMI Family Support Group can offer you practical advice on addressing issues related to mental illness and your loved one. It also gives you the appropriate space to have your personal needs met so that you can provide the best possible care for your family member. Taking time to voice your experiences and to hear from others may help you develop your inner reserves of strength. You may gain confidence in your ability to cope with your family member's mental illness as well as local knowledge on how to best access needed services for your family member.

Groups offer reinforcement in an environment of sincere, uncritical acceptance. Families spend most of the meeting in group discussion. The group addresses urgent issues of its members, and participants share their learned experience, or 'group wisdom'. As a participant, your voice is heard, and you can contribute to a dynamic that encourages empathy, productive discussion and a sense of community.

What Others Say About NAMI Family Support Group

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

For further information contact NAMI Yolo Helpline (530) 756-8181