



## ***A Support Group for Families of People with Serious Mental Illness***

**Free of Charge. Registration not required.**

**2<sup>nd</sup> and 4<sup>th</sup> Sundays, 1:30-3:00 pm**  
**Woodland Memorial Hospital Cafeteria Main Conference Room**  
**1325 Cottonwood, Woodland CA**

**1<sup>st</sup> Tuesdays, 6:15-7:45 pm (except New Years Day)**  
**Meyer Law Offices, 1483 Shore St., West Sacramento CA 95691**

Family Support groups are designed for the relatives (18 and over) 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.

### **Reinforcement in an environment of sincere, uncritical acceptance**

At each meeting, you review the Group Guidelines and Principles of Support and update the group on the current events in your life, then spend the bulk of the meeting in group discussion, or 'group work'. 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.

### **Tools for caring for yourself and for your loved one**

The 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.

### **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**