

### **What is the NAMI Family Support Group Program?**

A FREE monthly support group for family members and family caregivers who have a loved one living with mental illness.

### **Why should I attend?**

- Free, confidential, and safe for adults whose loved ones are living with mental illness.
- Find help and support and achieve a renewed sense of hope for their loved one and themselves.
- Facilitators are trained family members who have been there.
- Gain strength and understanding from others by utilizing their collective lived experiences and learned wisdom.



**FREE to participants!**

#### **ONLINE:**

**First & Third Wednesday @7:00PM (CST)  
Third Thursday @6:30PM (CST)**

Contact our local office for Zoom log-in information  
Join by computer, mobile device, or phone

#### **IN-PERSON**

**Mid-City: First Wednesday @ 6:30PM**

NAMI SELA - Southshore

4403 Canal St, New Orleans, LA 70458

**Slidell: First Tuesday @ 7:00PM**

First United Methodist Church with Living Hope Ministries  
433 Erlanger Ave, Room 302, Slidell, LA 70458

*\*No registration is required. Dates & times are subject to change.*

**Contact us to find out more about this program and other mental health care resources!**