



# NAMI FAMILY SUPPORT GROUP FOR SCHOOL-AGED PARENTS OR CAREGIVERS

NAMI Family Support Group for School-Aged Parents or Caregivers is a dedicated space that aims to provide meaningful support and guidance for individuals facing Mental health challenges with a child. This support group offers practical resources, strategies, educational information, and a supportive network of individuals who can relate to similar situations. The group meetings provide a safe and understanding environment where members can share their experiences, gain valuable insights, and access the necessary support to navigate the complexities of parenting or caregiving for school-aged children.

**2<sup>ND</sup> TUESDAY EVERY MONTH**

 12:00 PM - 1:30 PM

 [Registration Form](#)

<https://forms.gle/PHmkcP7h1zYg8cox9>



### **NAMI Support Group Model:**

NAMI Family Support Groups are free, confidential, and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges.