

Brevard County

FREE to Attend

What is NAMI Family Support group?

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. NAMI's family support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

Mental Health Matters

NAMI Family Support Group will help you:

- ◆ Aim for better coping skills
- ◆ Find strength in sharing experiences
- ◆ Not judge anyone's pain
- ◆ Forgive ourselves and reject guilt
- ◆ Embrace humor as healthy
- ◆ Accept that we cannot solve every problem
- ◆ Understand that mental health conditions are no one's fault and can be traumatic experiences

For more information:

321-345-6365

namibrevard@gmail.com

Meetings

2nd Tuesday 6-7:30 pm

Circles of Care ALC

Follow signs from the parking lot

2000 Commerce Drive

Melbourne, FL

3rd Tuesday 6-7:30pm

Central Brevard County Library

308 Forrest Avenue

Cocoa, FL

New Meeting Starting July 25, 2022

Last Monday 6-7:30pm

New Life Church

6755 South Washington Avenue

Titusville, FL

