

## 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**

### 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

### **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](mailto:namibrevard@gmail.com)**