

****IF THERE IS INCLEMENT WEATHER, PLEASE CALL JANET TO BE SURE GROUP IS BEING RUN**

***Concerned about or caring for a family member with
a mental illness?***

***Stressed, worried, and unsure about how to
help a loved one?***

YOU ARE NOT ALONE!

Join us at our **NAMI FAMILY SUPPORT GROUP!**

**Family Support Groups are held as indicated below
from 6:30pm—8:00pm**

The Edinburg Center

205 Burlington Road, Bedford

- ◆ There are many benefits of joining a support group. You make connections with people that share the same lived experience and you feel less isolated. Coping may be the hardest thing to do and support groups are designed to improve your coping skills by sharing past experiences with other family members.
- ◆ Support groups are all about finding hope! Watching others make strides in their lives motivates you to pursue the same confidence and support that is available to you through this support group!



JANUARY 15



FEBRUARY 5

FEBRUARY 19

***For questions, contact Janet Hodges, Director of Family Support and Advocacy
for The Edinburg Center, 205 Burlington Road, Bedford, MA***

781-761-5184 or jhodges@edinburgcenter.org