

*****NOTE: THERE WILL BE NO FAMILY SUPPORT GROUP MEETING ON JUNE 3**

**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!**

**Meetings are held the First and Third Tuesdays
from 6:30pm—8:30pm**

1040 Waltham Street, First Floor Training Room, Lexington

- ◆ 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!
- ◆ It can be extremely helpful to share your coping strategies with others and to get more information about the illnesses and other resources.



MAY 6

MAY 20



JUNE 10

JUNE 17

JUNE 24



JULY 1

JULY 15

July 29

For questions contact Janet Hodges, Director of Family Support and Advocacy

781-761-5287 or jhodges@edinburgcenter.org