

**PLEASE NOTE CHANGE OF SCHEDULE FOR AUGUST ONLY!**

***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!**

**AUGUST and SEPTEMBER 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!



**\*AUGUST 28\***  
*I'll be filling in at the  
Bedford First Church of  
Christ, 25 Great Road,  
Bedford*  
**7:30p—9:30p**



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

**781-761-5287 or [jhodges@edinburgcenter.org](mailto:jhodges@edinburgcenter.org)**