



NAMI

National Alliance on Mental Illness

Family Support Group

NAMI Family Support Groups, offered by NAMI affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, participants join a caring group of people helping one another by utilizing their collective lived experiences and learned wisdom. Group members can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI of Kalamazoo currently offers NAMI Family Support Groups on the **second Tuesday** of the month from 6:30-8pm at Kalamazoo Community Mental Health and Substance Abuse Services (KCMHSAS) at 418 W. Kalamazoo Ave (49007) and on the **fourth Monday** of the month from 6:30-8pm at Victory Baptist Church at 308 W. Milham Ave (49024). Trained facilitators have lived experience with loved ones who struggle with mental health challenges.

*** Registration is not required and the groups are FREE! ***

Consider trying a group if you've felt overwhelmed, confused, frustrated, sad, or stressed because someone you care about is suffering from a mental health issue such as depression, bipolar disorder, post traumatic stress disorder, anxiety, borderline personality disorder, schizophrenia, or a co-occurring substance use disorder. Come and find support in a place where you can speak freely with others who have faced similar experiences.



For further information about NAMI of Kalamazoo, please see our Facebook page [NAMI of Kalamazoo](#) or our website www.namikzoo.org, or contact:

NAMI of Kalamazoo
Frank Mumford, President
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(269) 207-3095



For further information about Family Support Services, please contact:

KCMHSAS
Deb Schauer - Family Support Specialist
dschauer@kazooemh.org
(269) 364-6961