

What is the NAMI Family Support Group Program?

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, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI Greater Kansas City, the local organization of the National Alliance on Mental Illness, will offer its NAMI Virtual Family Support Group Program for families with children with a mental health condition every 2nd & 4th Wednesday of the month from 6:30 pm to 8:00 pm beginning Weds., June 23, 2021.



Participant Perspectives

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time.”

To sign up for this virtual support group, email: MentalHealthMattersKC@gmail.com



Contacts:

Latrisha and Connie

Email:

MentalHealthMattersKC@gmail.com

Tel.: 816-379-6286



About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Greater Kansas City is an affiliate of NAMI Missouri. NAMI Greater Kansas City and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones. www.Nami.org