

**YOU ARE  
NOT  
ALONE**

## **Ongoing Support Groups For Individuals Who Have Family Members With Mental Health Challenges**

**NAMI Kent & Queen Anne's, the local organization of the National Alliance on Mental Illness, is offering the NAMI Family Support Group program for the Fall 2017 each month on the first and third Mondays in Centreville and the first and third Tuesdays in Chestertown from 7:00-8:30 pm.**

### *WHAT IS A NAMI FAMILY SUPPORT GROUP?*

NAMI Family Support Groups are free, confidential and safe groups of families helping other families who live with mental health challenges. Families join a caring group of individuals helping one another by using 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.



## **Kent and Queen Anne's County**

**CONTACT US to find out more  
about NAMI Family Support Groups  
in Kent & Queen Anne's Counties!**

**443-480-0565**

**[namikentandqueenannes@gmail.com](mailto:namikentandqueenannes@gmail.com)**

NAMI Kent & Queen Anne's  
P.O. Box 966, Chestertown, MD 21620

### **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 Kent & Queen Anne's is an affiliate of NAMI Maryland. NAMI Kent & Queen Anne's 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.