

**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 member can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI Greenville, a local affiliate of the National Alliance on Mental Illness, is partnering with local Aiken leaders to offer it’s NAMI Family Support Group Program in the Aiken Community. It will currently be held on the first Monday of each month, from 6-7:30pm, at the YMCA located at 621 Trolley Line Road, Graniteville SC.

**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 find out more about the about the NAMI Family Support Group in Aiken, please email us at NAMIAikenFSG@gmail.com**

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**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 Greenville is an affiliate of NAMI South Carolina with a partnership of local leaders in Aiken SC. NAMI Greenville 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.

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