

FAMILY SUPPORT GROUPS

The challenges of mental illness do not only affect an individual's family members but also friends, teachers, neighbors, coworkers and others in the community. "Family member" and "caregiver" refer to anyone giving emotional, financial or practical support to a person with a mental health condition. Whether you're providing a lot of assistance or very little, the information and support you receive from a NAMI Family Support Group can help you better understand the issues that you might face. Excerpt from: <http://www.nami.org/Find-Support/Family-Members-and-Caregivers>

The most important thing to know is YOU ARE NOT ALONE. Below are the four NAMI Family Support Groups currently being offered by NAMI Prince William:

WOODBIDGE:

Second Tuesday of the Month, 7:00 p.m. to 8:30 p.m.

Sentara Potomac Hospital

Room "C" in the Hylton Education Center

2300 Opitz Boulevard, Woodbridge, VA

Contact: Donna Fortunato, 571-437-4579

HAYMARKET:

Third Tuesday of the Month, 6:30 p.m. to 8:00 p.m.

14870 Lightner Rd, Haymarket, VA

Contacts: Liz Downey 561-578-1370 and

Bonnie Cuppett

NOTE: This meeting day and time may change depending on library availability.

Please call the contact above to verify.

