

## NAMI PRINCE WILLIAM 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 two NAMI Family Support Groups currently being held in Prince William County:

### WOODBIDGE

**Second Tuesday of the Month**, 7:00 pm to 9:00pm  
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 pm to 8:00 pm  
Haymarket Gainesville Community Library  
Community Room  
14870 Lightner Road, Haymarket, VA  
Contact:  
Bonnie Cuppett, 703-659-9983



Most family members attend the groups when their loved one is in crisis. When the crisis is over, they stop coming. Get in the habit of attending every month, whether things are going well or not. That way, if a crisis does hit, you know where you need to be. And remember, there are others who are new to this journey, and they need the support you can



## COMMUNITY COLLABORATION!

We are proud to announce that thanks to a grant from Potomac Health Foundation, Hispanic Organization for Leadership & Action (HOLA) and NAMI Prince William are working together to reduce stigma about mental health conditions and increase help-seeking behavior in the Latino community, by creating awareness, to educate, and to support those coping with mental illnesses.

NAMI PW will be able—for the first time in Spanish—to build awareness and dispel stigma ("Ending the Silence"), provide education (12-session NAMI Family to Family course), and offer NAMI Family Support Groups.

The population served will be Latino residents of eastern PWC 18 years and older. Prince William County Public Schools have not, to date, been interested in outside groups providing mental health education, but a new state law mandating information for middle and high school students may be an entry to reach these age groups as well.

