

NEW NAMI SUPPORT GROUP IN STAMFORD – SPANISH-FRIENDLY FOR PARENTS/CAREGIVERS OF CHILDREN & ADOLESCENTS WITH BEHAVIORAL, EMOTIONAL AND MENTAL HEALTH CONCERNS

What Is the NAMI Family Support Group Program?

The National Alliance on Mental Illness (NAMI) offers Family Support Groups, facilitated by trained NAMI volunteers with lived experience, in which families help other families who have loved ones with mental health challenges. **NAMI CAN (Child & Adolescent Network) Support Groups provide support for parents and caregivers of children and adolescents, under age 21, with behavioral, emotional and mental health concerns.** NAMI Support Groups are free-of-charge, confidential, and provide safe environments where family members and caregivers can speak freely without judgment.

NAMI Southwest (NAMI SWCT), local affiliate of the National Alliance on Mental Illness - Connecticut (NAMI Connecticut), offers a NEW NAMI CAN Support Group on the first Tuesday of each month. This is a “Spanish-Friendly” Support Group, 6:30–8:00 PM at Beyond Limits, 925 Ridge Road, Stamford, CT.



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.”

NEW NAMI CAN FAMILY SUPPORT GROUP “SPANISH-FRIENDLY” – STAMFORD!!!

TIME: First Tuesday of each month,
6:30–8:00 PM

LOCATION: Beyond Limits
925 Long Ridge Road. Stamford, CT 06902

MORE INFORMATION: Karen at (203) 984-8329

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 Southwest is an affiliate of NAMI Connecticut. NAMI Connecticut 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.