



NAMI Family Support Group is a **peer-led support group for family members and caregivers of loved ones and individuals living with mental illness**. Thousands of families describe the program as life-changing. This group is led by trained facilitators who are also family members and know what it is like to have a loved one living with mental illness.

What is the NAMI Family Support Group Education Program?



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

NAMI High Country Colorado, the local affiliate of NAMI Colorado, will offer a NAMI FAMILY SUPPORT GROUP in LEADVILLE, Wednesday, February 20, 6:30 PM at the Lake County Library.

To register and for more information text or phone: [970-471-5926](tel:970-471-5926)

ALWAYS FREE & CONFIDENTIAL

About NAMI High Country Colorado

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 High Country Colorado is the local affiliate for Summit and Lake Counties. NAMI High Country Colorado's dedicated volunteers, members and leaders work to raise awareness and provide essential education, advocacy and support for families and individuals in our community living with mental illness.



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