



National Alliance on Mental Illness

nami

Southern Maryland
St. Mary's - Charles - Calvert

NAMI Family Support Group

at Alternatives for Youth & Families, Inc.

meets the **second Thursday** of each month **from 7 - 8:30 pm** at

Alternatives for Youth & Families, Inc.
30049 Business Center Drive,
Charlotte Hall, MD 20622

(From MD-5/235 Turn East on to Golden Beach Rd. then Right on to Market Dr & then immediately on to Business Center Drive. Look for a single story gray building on the right. Entrance to the Conference Room is on the left when facing the building.)

Talk to someone who understands – someone like you.

NAMI Family Support Groups are for individuals 18 years and older who are family members of, or care about someone, who has a mental illness. A NAMI Family Support Group is a place that offers respect, understanding, encouragement, and hope.

NAMI Family Support Groups are led by trained family members who are also working to support a loved one's recovery from mental illness. They understand the challenges faced by individuals who live with mental illness, and the ones who love them. Meetings are held in a flexible, casual, and confidential environment. There is no registration or enrollment obligation.

Meeting Schedule for Fall 2009, and for 2010

Sept. 10, 2009	Dec. 10, 2009	March 11, 2010	June 10, 2010	Sept. 9, 2010
Oct. 8, 2009	Jan. 14, 2010	April 8, 2010	July 8, 2010	Oct. 14, 2010
Nov. 12, 2009	Feb. 11, 2010	May 13, 2010	Aug. 12, 2010	Nov. 11, 2010

For more info call NAMI Southern Maryland at 301-737-1988
Visit us online at www.namisomd.org

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