



nami

National Alliance on Mental Illness

Southern Maryland
St. Mary's - Charles - Calvert

Family Support Group for loved ones of persons with mental illness

(anxiety, bipolar, depression, schizophrenia, PTSD, OCD, etc.)

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

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 who 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 supporting 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 required.

Meeting Schedule for 2011 and early 2012

Dec. 9, 2010	March 10, 2011	June 9, 2011	Sept. 8, 2011	Dec. 8, 2011
Jan. 13, 2011	April 14, 2011	July 14, 2011	Oct. 13, 2011	Jan. 12, 2012
Feb. 10, 2011	May 12, 2011	Aug. 11, 2011	Nov. 10, 2011	Feb. 9, 2012

**For more info call NAMI Southern Maryland at 301-737-1988
or visit our website at www.namisomd.org**

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