



**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 **fourth Thursday** of each month from **7:15 - 8:45 pm** at

Southern Maryland Community Network  
305 Prince Frederick Blvd.  
Prince Frederick, MD 20678

***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**

*(3<sup>rd</sup> Thursday in Holiday months)*

Dec. <b>16</b> , 2010	March 24, 2011	June 23, 2011	Sept. 22, 2011	Dec. <b>15</b> , 2011
Jan. 27, 2011	April 28, 2011	July 28, 2011	Oct. 27, 2011	Jan. 26, 2012
Feb. 24, 2011	May 26, 2011	Aug. 25, 2011	Nov. <b>17</b> , 2011	Feb. 23, 2012

For more info call NAMI Southern Maryland at 301-737-1988  
or visit our website at [www.namisomd.org](http://www.namisomd.org)

NAMI Southern Maryland  
P.O. Box 25, Lexington Park, Maryland 20653  
(301) 737-1988

<http://www.namisomd.org> • [namisomd@verizon.net](mailto:namisomd@verizon.net)



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