

# New Support Groups Forming

## *Keeping Hope Alive*

Sunday morning support group for families  
Led by Dr. Frances Praver and held at her Lattingtown home  
Meets every 2nd Sunday in the month

**For information:** Contact [drpraver@cs.com](mailto:drpraver@cs.com) or call (516) 767-1594

## *NAMI Basics*

A new NAMI signature program for parents of children who showed the early warning signs of mental illness before the age of thirteen. This six session class teaches the fundamentals of caring for you, your family, and your child with a mental illness.

**Register today:** Class will begin when there is sufficient registration. A minimum of fifteen is required. Call (516) 326-0797 or (718) 347-7284 to register.

**Time:** Saturday mornings—10:00-12:30 PM

## *NAMI Family to Family*

This education program is a free 12 week course for family caregivers of individuals with a severe mental illness. The course is taught by trained family members. Over 115,000 families have graduated from this national program.

For more information about the class go to [www.nami.org/familytofamily](http://www.nami.org/familytofamily).

**Register today:** Classes will begin in January and will be held at Zucker Hillside, Queens Hospital Center, and Adelphi University. Call (516) 326-0797 or (718) 347-7284

## *Korean Family Support Group*

Because of stigma many Korean families suffer in silence. Through outreach we will encourage families to break the silence. Social worker Jennifer Lim, will lead the group that will be conducted in both Korean and English.

**For information:** Contact Jennifer Lim at 917-346-4038.