



What is the NAMI Family Support Group Program?

NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members and significant others can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI Denton County, the local affiliate of the National Alliance on Mental Illness, offers NAMI Family Support Group meetings throughout the month. The Double Oak meeting is held in Room 202 of Crossroads Bible Church at 8101 Justin Road. The Frisco meeting is held in Room 218 of Grace Avenue United Methodist Church at 3521 Main Street. The Denton meeting is held at the Denton Senior Center at 509 N. Bell Avenue. All meetings are held 7:00 - 8:30 p.m.

NAMI Family Support Group October-December 2017 Schedule

Family Support Meetings:

Monday, Oct. 9, Nov. 13, Dec.11, Jan. 8: Double Oak

Monday, Oct. 16, Nov. 20, Dec. 18, Jan. 15: Frisco

Thursday, Oct. 26, Dec. 28, (No meeting in November): Denton

For more information about this or other NAMI programs, contact:

familysupport@namidenton.org

(469) 248-8789

namidenton.org



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 Denton County is an affiliate of NAMI and NAMI Texas. NAMI Denton County's dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental health conditions and their loved ones.



What is the NAMI Connection Recovery Support Group ?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential
- Held weekly for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained peer facilitators living in recovery themselves

NAMI Denton County, the local affiliate of the National Alliance on Mental Illness, offers NAMI Connection Recovery Support Group meetings throughout the month. Meetings are held the first and third Saturdays, 1 - 2:30 p.m., at 105 Kathryn Drive, Building 2, Suite 600, in Lewisville. Meetings are also held the second and fourth Thursdays, 6:30 - 8:00 p.m., at 2509 Scripture Street, Medical Building 5, second floor training/conference room, in Denton.

NAMI Connection Recovery Support Group Oct-Dec 2017 Schedule

Saturdays in Lewisville:

October 7 and 21
November 18 (no meeting Nov. 4)
Dec. 2 and 16
Jan. 6 and 20 (2018)

Thursdays in Denton:

October 12 and 26
November 9 (no meeting Nov. 23)
Dec.14 and 28
Jan. 11 and 25 (2018)

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