



FAMILY SUPPORT GROUP MEETINGS

NAMI Family Support Groups provide a place where family members, friends, and significant others caring for a loved one living with a mental health condition can find compassion, learn new ways to manage problems, and access resources. NAMI Family Support Groups are:

- Free and no registration is required
- Confidential
- Held monthly for 90 minutes
- Designed to provide support for participants using a structured support group model
- Led by NAMI trained facilitators caring for individuals living with a mental health condition themselves. We meet:

2nd Thursday of each month
6:30pm to 8pm
Faith Lutheran Church
14206 E. Flagg Road
Rochelle, IL 61068

4th Tuesday of each month
6:30pm to 8pm
St. John's Lutheran Church
703 3rd Ave.
Sterling, IL 61081

For more information about the
NAMI Sauk Area Affiliate you can email namisaukarea@gmail.com
Or call 815-761-7654 or 815-631-1191 or 815-303-9386
or go to our website www.namisaukarea.org
or go to our Facebook pages NAMI Sauk Area or NAMI Sauk Area 5K