

## 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 can achieve a renewed sense of hope for their loved one living with mental health challenges. Open to WNY families.

**For in-person groups, just go to the meeting on the date scheduled at the location. Pre-registration required *only for online groups*. Send request to [online@namibuffalony.org](mailto:online@namibuffalony.org)**



## Participant Perspectives

*"Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives."*

*"NAMI Family Support Group really works and it makes the group experience even better."*

*"I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time."*

## APRIL 2022 DATES/LOCATIONS

**Apr 14<sup>th</sup> - 2<sup>nd</sup> Thur** ♦ **ONLINE, 7-8:30 pm, pre-registration required for online groups**  
(e-mail a request to attend the group with the date to [online@namibuffalony.org](mailto:online@namibuffalony.org))

### **Family Support Groups in-person (no pre-registration needed):**

- Apr 6<sup>th</sup> - 1<sup>st</sup> Wed** ♦ **NIAGARA FALLS Earl W. Brydges Library, 1425 Main St, 2<sup>nd</sup> flr, 6:30-8 pm**
- Apr 20<sup>th</sup> - 3<sup>rd</sup> Wed** ♦ **AMHERST St. Paul's Lutheran Church, 4007 Main St, Amherst, rear entrance, 7-8:30 pm**
- Apr 21<sup>st</sup> - 3<sup>rd</sup> Thur** ♦ **HAMBURG Revive Wesleyan Church, 4999 McKinley Pkwy, Dr 3, Rm 124, 7-8:30 pm**  
♦ **LOCKPORT Save the Michaels of the World, 81 Walnut St, 7-8:30 pm**
- Apr 27<sup>th</sup> - 4<sup>th</sup> Wed** ♦ **EAST AURORA, Rural Outreach Center, 300 Glead Ave, Dr 8, 7-8:30 pm**
- Apr 28<sup>th</sup> - 4<sup>th</sup> Thur** ♦ **BUFFALO Save the Michaels of the World, 737 Delaware Ave, Ste 100, 6:30-8 pm**



PO Box 146, Buffalo, NY 14223

716-226-6264 (NAMI)

[info@namibuffalony.org](mailto:info@namibuffalony.org)

### About NAMI

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 Buffalo & Erie County is an affiliate of NAMI NYS. NAMI Buffalo & Erie 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 WNY community living with mental illness and their loved ones.

*Groups made possible in part with generous support from Amherst Central Schools Family Support Center, Revive Wesleyan Church, the Rural Outreach Center, and Save the Michaels of the World.*