



# NAMI

National Alliance on Mental Illness

# Family Support Group

is ONLINE !



The NAMI Pierce County Family Support Group is a free 90 minute confidential support group for families and caregivers of individuals living with mental illness. Families are invited to join a caring group of individuals who help one another through their lived experience and learned wisdom. The group is led by trained facilitators who also have lived experience with loved ones.

***Pre-registration is required to attend.***

Support groups meets online via ZOOM

- every second Wednesday beginning April 8 from 6:30-8:00 pm. (Join early from 5:30 pm for ZOOM orientation)

[https://zoom.us/meeting/register/vpcvdeqhj8iuQKgMK6OV\\_vBz94l7GhWHQ](https://zoom.us/meeting/register/vpcvdeqhj8iuQKgMK6OV_vBz94l7GhWHQ)

- every fourth Saturday beginning April 25 from 11:30 am-1:00 pm (Join early from 11:00 for ZOOM Orientation)

[https://zoom.us/meeting/register/v5Yof-Csrj4oc0M3vbGre3vY\\_utRR6nbg](https://zoom.us/meeting/register/v5Yof-Csrj4oc0M3vbGre3vY_utRR6nbg)

### General Inquiries:

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Tacoma, WA 98411-1923

Participation is limited to 15 individuals on a first come first served basis.



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