

NAMI METRO SUBURBAN IS
OFFERING VIRTUAL PARENT AND
FAMILY SUPPORT THROUGHOUT
THE COVID-19 PANDEMIC

NAMI PARENT & FAMILY SUPPORT

NAMI Family Support offers hope and shared experiences for family members supporting a loved one with a mental health condition.

Support Groups: The group meets every Tuesday at 7pm via WebEx. To join a support group, create a FREE login at www.webex.com and enter meeting number: 126 188 5530; password: Connect

Facebook: Families can join the NAMI Family Support private Facebook group by sending a message through Facebook to NAMIBockus requesting an invitation to join.

Private Phone Support: Parents can reach NAMI's Family Support Specialist by phone or email at 708.524.2582, x.108 / bockus@namimetsub.org

For more information on NAMI and its programs, please visit us on our website namimetsub.org



nami
National Alliance on Mental Illness

**Metro
Suburban**