



nami

National Alliance on Mental Illness

Family Support Group

Do you have a loved one who lives with a mental health condition?

NAMI Northeast Iowa Family Support Group

4th Monday of each month, 7:00 - 8:30 p.m.

North Fayette Valley Community Coalition Youth Center

23689 Canoe Road, Elgin, IA

A NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition.

- Free of cost to participants
- Led by family members of people with mental health conditions
- No specific medical therapy or treatment is endorsed
- Confidential

By sharing your experiences in a safe and non-judgmental setting, you can gain hope and develop supportive relationships as well as insight from the challenges and successes of others facing similar experiences.

Questions? Contact one of the NAMI Family Support Group facilitators:

Shannon Brown
563-880-9723

Susan Friedrich
563-422-7882

Craig Moss
563-380-7224



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namineiowa.org/family-support-group