

# Someone I love is living with a mental illness! WHERE CAN I GET HELP? NAMI Kane County North Offers Free Family Support Groups

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## Family Support Groups

*NAMI Family Support Group is a family-led support group for family members, caregivers and loved ones of individuals living with mental illness.*



Gain insight from the challenges and successes of others facing similar circumstances. NAMI's Support Groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

### MEETINGS ARE HELD:

Second Tuesday of every month in Elgin, 6:30-8:00 PM  
At Provena St. Joseph Hospital, St. Mary's Room, 77 N Airlite Street. The room is located on the lower level by the cafeteria.

Third Thursday of every month in Elgin, 6:30-8:00 PM  
At Advocate Sherman Hospital, Conference Room A/B, 1425 N Randall Road. The room is located at the base of the Tree of Life inside the Main Entrance.

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## What You Will Gain:

By sharing your experiences in a safe and confidential setting, you gain hope and develop supportive relationships. This group allows your voice to be heard, and provides an opportunity for your personal needs to be met. It encourages empathy, productive discussion and a sense of community. You'll benefit through other's experiences, discover your inner strength and learn how to identify local resources and how to use them.

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## NAMI Family Support Group will help you:

- See the individual first, not the illness
- Recognize that mental illnesses are medical illnesses that may have environmental triggers
- Understand that mental illnesses are traumatic events
- Aim for better coping skills
- Find strength in sharing experiences
- Accept that we cannot solve every problem
- Work for a better future in a realistic way

Free of cost to participants.

Designed for adult loved ones (18+) of individuals living with mental illness.

Please call Laurie at 847-695-7957

Sponsored by NAMI Kane County North. Visit us at [www.namickn.org](http://www.namickn.org)