

# FAMILY SUPPORT GROUPS

*For family members and loved ones of those with mental health conditions*

## WHAT TO EXPECT

**Our family support groups are:**

- Led by trained volunteers with lived experience
- Drop-in, no regular attendance required
- Free to participants
- Confidential and safe
- Judgement free

## MAKE CONNECTIONS

**Our groups allow you to connect with others who:**

- Understand the challenges you face and the opportunities ahead
- Have had the similar experiences
- Will help you learn new coping skills
- Will share their successes and strategies



| Day      | When       | Time           | Type                               | Format                       | Contact                                                          |
|----------|------------|----------------|------------------------------------|------------------------------|------------------------------------------------------------------|
| Monday   | 2nd<br>4th | 7-9pm<br>7-9pm | Family/Adult<br>Family/Adult       | Virtual<br>In-person/Concord | Grace Scott<br>ConcordGroupGrace@gmail.com                       |
|          | 3rd        | 6:30-8:30pm    | Family/Adult                       | Virtual                      | Shirley Varney 603-332-6390 or<br>Kathy KBoisclair@metrocast.net |
| Tuesday  | 1st & 3rd  | 6-7:30pm       | Family/<br>Co-Occurring            | Virtual                      | Pam 603-320-1818<br>PamelaFallonBanks@gmail.com                  |
|          | 1st & 3rd  | 6-7:30pm       | Family/Parent<br>(of under 18 yrs) | In-person<br>Concord         | Jessica Renda 603-568-5549<br>jrenda@naminh.org                  |
|          | 2nd        | 6pm            | Famly/Psychosis                    | Virtual                      | info@naminh.org                                                  |
|          | 2nd        | 6-7:30pm       | Family/Parent<br>(of 16-26 yrs)    | In-person<br>Portsmouth      | Michelle Park<br>ParkMichelleNAMI@gmail.com                      |
|          | 2nd & 4th  | 6:30-8pm       | Family/Parent<br>(of under 18yrs)  | Virtual                      | Raya Fratkina 408-569-0120<br>rayaf.nami@gmail.com               |
|          | 3rd        | 6:30-8:30pm    | Family/Adult                       | Virtual                      | Sharon Stout 603-357-5615<br>sprice@designandformat.com          |
|          | 1st & 3rd  | 6-7:30pm       | Family/Adult                       | Virtual                      | Anna Berry<br>NAMINHVirtual@gmail.com                            |
| Thursday | 2nd & 4th  | 6:30-8:30pm    | Family/Adult                       | In-person<br>Derry           | Lori Wood 603-490-0596<br>woodteam@comcast.net                   |
|          | 2nd & 4th  | 6-7:30pm       | Family/Adult                       | In-person<br>Hampton         | Phoebe Bischoff 603-401-1677<br>SeacoastNAMIGroup@gmail.com      |