

## Virtual Family Support Groups

**\* Resources \* Support \* Hope \***

*NAMI Mid-Hudson Family Support Groups are being held virtually. Those of you who do not have computer access will be provided with a telephone number and access code to participate via phone.*

**1st Wednesday of every Month 6:30 pm - 8:30 pm**

Facilitators: Jo Ann and Madeline

\*

**2nd Monday of every Month 6:30 pm - 8:30 pm**

Facilitators: Jane and Karen

\*

**3rd Tuesday of every Month 6:30 pm - 8:30 pm**

Facilitators: Judy and Sherrill

\*

**4th Monday of every month 6:30 pm - 8:30 pm**

Facilitators: Kie and Masashi

For more information or to register please call (845) 206-9892  
or email [contact@namimidhudson.org](mailto:contact@namimidhudson.org)

Support Groups are a resource for family members and friends who have a loved one living with a mental health condition. These groups meet on a **weekly basis** to provide mutual support by trained facilitators who are family members themselves. They provide opportunities for family members and friends of people living with a mental health condition to explore ideas and solutions to the problems they are experiencing. We receive support, guidance, and encouragement from people with similar experiences.

[www.namimidhudson.org](http://www.namimidhudson.org)