

Confused?

Afraid?

Alone?

NAMI-CCNS invites you to attend our Family Support Groups

Effective January, 2016

Our Family Support Group is for family, partners, and friends of adults living with a mental illness. It gives you the opportunity to share problems you are facing and learn how others have dealt with these problems. Hear ideas that can help you take care of yourself and your family.



In a comfortable and safe environment, you can share your concerns and ask questions about health care, housing, medications, government programs, therapists, and anything else troubling you.

You can talk with no fear of stigma or shame. You'll meet people who have faced the same issues and had the same questions. You'll be able to take advantage of their knowledge and support – and help them with your knowledge and support.

Our monthly meetings are free, confidential, no registration required, and open to both members and non-members of NAMI-CCNS. Just walk in. You will be welcomed. Meetings are held the

Second & Fourth Monday of every month in Skokie, 7:00 to 8:30 pm

At Skokie Hospital, Main Building, 9600 Gross Pt Rd., East parking lot, main entrance, Abramson Conference Room, behind the Info Desk.

First & Third Tuesday of every month in Park Ridge, 7:00 to 8:30 pm,

At Lutheran General Hospital, 1775 Dempster, Park Ridge, Sasser Conference Room, 10th floor, east side of cafeteria. Use either A or C elevators.

Second Thursday of every month in Highland Park, 7:00 to 8:30 pm,

At Highland Park Hospital, 777 Park Avenue West, basement conference room 1A, Highland Park. Free parking in front of the hospital.

Second & Fourth Saturday Mornings of every month in Evanston, 9:00 to 10:30 am,

At St. Francis Hospital, 355 Ridge Ave, Glass House room in the Cafeteria. Free parking across the street. Cafeteria doors are locked from 10-11 am. If you're late, find a security guard to let you in.

In Spanish – First & Third Tuesday of every month in Lincolnwood, 7:00 to 8:30 pm,

at 7020 Lawndale Ave in Lincolnwood. From Touhy, turn south on Lawndale to 7020, which is just southwest of Lowe's. This is both a Family and Parent Support group.

Times and locations are subject to change. Please check our website or call us at 847-716-2252.

*NAMI-CCNS, National Alliance on Mental Illness – Cook County North Suburban,
is a local affiliate of NAMI, the Nation's Voice on Mental Illness.*

For additional information, please call us at 847-716-2252, or visit us at www.namiccns.org

