

Confused?

Afraid?

Alone?

NAMI-CCNS invites you to attend our Family Support Groups

Effective October, 2017

Our Family Support Group is for family, partners, and friends of adults living with a mental illness. Knowing that others have had the same experiences is a relief to families who have seldom spoken about mental illness to neighbors, friends, or often, even relatives. Learning that others have been able to work out some common issues can inspire hope. 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 of concern to you.

You can talk with no fear of stigma or shame. You'll be able to take advantage of others' 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:

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, Sharfstein Conference Room A to the right of 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 & Fourth 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.



Every Saturday Morning 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.

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

