



**nami**

National Alliance on Mental Illness

**Southern Maryland**  
St. Mary's - Charles - Calvert

## **NAMI Family Support Group**

### **at Southern Maryland Community Network**

meets the **fourth Thursday** of each month **from 7:15 - 8:45 pm** at

**Southern Maryland Community Network**  
**305 Prince Frederick Blvd.**  
**Prince Frederick, MD 20678**

***Talk to someone who understands – someone like you.***

**NAMI Family Support Groups are for individuals 18 years and older who are family members of, or care about someone, who has a mental illness. A NAMI Family Support Group is a place that offers respect, understanding, encouragement, and hope.**

**NAMI Family Support Groups are led by trained family members who are also working to support a loved one's recovery from mental illness. They understand the challenges faced by individuals who live with mental illness, and the ones who love them. Meetings are held in a flexible, casual, and confidential environment. There is no registration or enrollment obligation.**

#### **Meeting Schedule for Fall 2009, and for 2010**

-----	<b>Dec. 17, 2009</b>	<b>March 25, 2010</b>	<b>June 24, 2010</b>	<b>Sept. 23, 2010</b>
<b>Oct. 22, 2009</b>	<b>Jan. 28, 2010</b>	<b>April 22, 2010</b>	<b>July 22, 2010</b>	<b>Oct. 28, 2010</b>
<b>Nov. 19, 2009</b>	<b>Feb. 25, 2010</b>	<b>May 27, 2010</b>	<b>Aug. 26, 2010</b>	<b>Nov. 25, 2010</b>

**For more info call NAMI Southern Maryland at 301-737-1988**  
**Visit us online at [www.namisomd.org](http://www.namisomd.org)**

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