

*Do you have a family member with mental illness?
Do you struggle with your own illness?
Do you need help and support?*



Come to one of our support groups led by trained facilitators - NAMI family members and individuals with mental illness (consumers)

CONSUMER ACTIVITIES

NAMI Connection Recovery Support Groups

Contact Sarah Kaminskas, namiassist@hargray.com

- First, third, and fourth Tuesday every month: *NAMI office, Hilton Head* 2:00 pm - 3:30 pm
- Second Tuesday every month: *Christ Lutheran Church, Route 278, Hilton Head* 6:00 pm – 7:30 pm
- Every Wednesday: *Bluffton/Okatie Outpatient Center, Classroom B* 6:30 pm – 8:00 pm
- Second and Fourth Thursday every month: *Beaufort Medical Plaza, Room 350* 6:30 pm – 8:00 pm

Island House, a Recovery Skills Program

Offered in partnership with Mental Health America

Contact Ruth Halpin, namicoach@hargray.com or 843-681-2200

- Daily: *Mathews Court, Suite C, Hilton Head Island* 10:00 am – 3:00 pm

CAREGIVER SUPPORT GROUPS

Caregivers

Contact Ted Cooley, 843-816-1809

- Second Tuesday every month: *Christ Lutheran Church, Route 278, Hilton Head* 6:00 pm
- Fourth Tuesday every month: *Low Country Presbyterian Church, Bluffton* 10:00 am

Caregivers and Parents of Teens and Young Adults

Contact Marybeth Buonaiuto, 843-301-7463

- Second Tuesday every month: *Christ Lutheran Church, Route 278, Hilton Head* 6:00 pm

For directions and more information on support groups and additional ways we can help, call NAMI at 843-681-2200 or <mailto:nami@hargray.com> or visit our web site at www.nami.org/sites/beaufort/