

Support for families dealing with mental illness

NAMI Family Support Group is a free, confidential and safe support group of families helping other families who live with mental health challenges by utilizing their collective lived experience and group wisdom.

The group meets the second Tuesday of each month from 6-7:30pm.

Participants will learn best practices for caring for a loved one who is living with mental illness. The meetings are led by family members of individuals living with mental illness.

This group encourages empathy, productive discussion and a sense of community.

Meetings are at the South Lake Tahoe Library, 1000 Rufus Allen Blvd.

The 2016 dates are: Jan. 12, Feb. 9, March 8, April 12, May 10, June 14, July 12, Aug. 9, Sept. 13, Oct. 11, Nov. 8, and Dec. 13.