



# Parent Support Group



## What is the NAMI Franklin County Parent Support Group?

The NAMI Franklin County Parent Support Group, offered by NAMI Franklin County, is a free, confidential and safe group for parents, caregivers, and guardians of minor children (ages 22 and younger) living with behavioral difficulties and mental health challenges. In the NAMI Parent Support Group, you are joined by a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Attendees can achieve a renewed sense of hope for their child living with mental health challenges.

NAMI Franklin County, the local organization of the National Alliance on Mental Illness, offers a NAMI Parent Support Group via Zoom. The support group meet the 1<sup>st</sup> Wednesday of each month from 6:00 p.m. – 7:30 p.m. The **Zoom meeting ID is 678 970 3418**. Please visit <https://www.namifranklincounty.org/parent-support-group/> for more information.



### Participant Perspectives



“NAMI Family Support Group really works and it makes the group experience even better.”

“I just attended my first NAMI Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time.”

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”



**Contact us to find out more about the NAMI Franklin County Parent Support Group!**



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### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Franklin County is an affiliate of NAMI Ohio. NAMI Franklin County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.