

Family Support Group

The NAMI Family Support Group is for family members of individuals experiencing symptoms of mental illness. The group is led by trained support group facilitators who know what it's like to have a loved one living with a brain disorder. The NAMI Support Group Model operates differently than other, more traditional 'share and care' groups. The model offers a set of key structures and group processes to use in common support group scenarios. They encourage participation by the entire group.

Where: Aiken Barnwell Mental Health Center
1135 Gregg Hwy
Aiken SC 29801
803-641-7700

When: The 3rd Tuesday of every month.
Time: 6:00-7:00 pm

Facilitators: Cindy Smith, CPSS/NAMI Family Support Facilitator
Cynthia Dowda, CPSS/ NAMI Family Support Facilitator

What You'll Gain

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope. The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation.

You can also help others through your own experience. In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

What People are Saying

"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."

"I thought my wife and I knew just about everything there is to know about the system and the illness. Boy, were we wrong. Without a doubt, this is the best support course I have had the privilege of taking part in, bar none

"If you have questions, please contact Cindy Smith @ 803-508-7871