

## SUPPORT GROUPS

You will find insight and more effective coping skills, and learn to reduce the unreasonable stigma around mental illness. Additionally, support groups provide a place to network with other persons about how they have solved problems and found help.

Support Groups are led by NAMI-certified individuals with a lived experience in recovery as a family member or individual with lived experience of mental illness

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**NAMI TC, Southlake-76092**  
Family Support Group

**No July meeting/ August 7th**  
First Monday of every month

**7:00 to 8:30 pm**  
White's Chapel United  
Methodist Church

185 South White's Chapel Blvd. Park on the East side of the building and go to the entrance north of the sanctuary. Room 2130 in Evans Hall.

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**NAMI TC, Saginaw-76179**  
Family Support Group

**July 10th/ August 14th**  
Second Monday of every month

**6:30 to 8:00 pm**  
First Baptist Church

300 Old Decatur Road, Saginaw. Park on the East., enter East door. Follow signs inside church.

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~~**NAMI TC, Johnson County 76058**~~  
~~Family Support Group~~

~~**July 13th / August 10th**~~  
~~Second Thursday of every month~~

~~**7:00 to 8:30 pm**~~  
~~Joshua City Library~~

~~Located on the High School Campus in Joshua, on Highway 174~~

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**NAMI TC, Ft. Worth-76109**  
Family & Peer Support

**July 20th / August 17th**  
Third Thursday of every month

**6:00 to 8:30 pm**  
University Christian Church by TCU

**2720 S. University Drive. Please join us for our monthly meeting and pot luck. Support groups for caregivers and adult consumers are held before the general meeting. Park on the north or east side of the church as entry is on the east side. Registration is on second floor.**

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**NAMI TC, Arlington 76013**  
Family Support Group

**July 27th / August 31st**  
Last Thursday of every month

**7:00 to 8:30 pm**  
Trinity UMC,  
Arlington

Trinity UMC, 1200 West Green Oaks Blvd. Enter at south door. Room C-208 on the 2nd floor

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**NAMI Trinity Springs 76104**  
Family Support Group

**Every Wednesday**

**6:30 to 7:30 pm**  
Trinity Springs Hospital  
John Peter Smith Hospital

1500 Main Street, Trinity Springs Pavilion. Enter through the front of pavilion and notify receptionist of attendance.

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**\*H.O.M.E., NRH 76180**  
Peer and Family Support

**July 9th & 23rd / August 13th & 27th**  
Second and fourth Sundays

**5:00 to 7:00 pm**  
The Hills Church of Christ,  
North Richland Hills

6300 NE Loop 820, NRH, Room 207

Individuals with mood disorders and their loved ones are invited to this support group meeting

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**\*Caring Friends, Weatherford 76086**  
Peer and Family Support

**Every Tuesday**

**6:00 to 8:00 pm**  
First United Methodist Church Weatherford

301 S. Main. In Akard Hall. Enter door at corner of Columbia and College Ave.

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**\*Not a NAMI-certified group**

**You will find a group of people with similar life experiences that you will listen to and learn from; so you can apply and relate to your own life.**

**Together we explore topics related to a healthy lifestyle and changes one can make.**