
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

NAMI TC, Southlake-76092 **November 7th/ December 5th** **7:00 to 8:30 pm**
Family Support Group *First Tuesday starting in September* *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.

~~**NAMI TC, Johnson County 76058** **August 10th / September 14th** **7:00 to 8:30 pm**
Family Support Group *Second Thursday of every month* *Joshua City Library*~~

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

NAMI TC, Ft. Worth-76109 **November 16th / December 21st** **6:00 to 8:30 pm**
Family & Peer Support *Third Thursday of every month* *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. December—No support Groups, Meets 1st floor.

NAMI TC, Arlington 76013 **No November Mtg / No December Mtg.** **7:00 to 8:30 pm**
Family Support Group *Last Thursday of every month* *Trinity UMC, Arlington*
Will pick back up in January 2018
Trinity UMC, 1200 West Green Oaks Blvd. Enter at south door. Room C-208 on the 2nd floor

NAMI Trinity Springs 76104 **Every Wednesday** **6:30 to 7:30 pm**
Family Support Group *Trinity Springs Hospital*
John Peter Smith Hospital
1500 Main Street, Trinity Springs Pavilion. Enter through the front of pavilion and notify receptionist of attendance.

***H.O.M.E., NRH 76180** **November 12th & 26th / December 10th** **5:00 to 7:00 pm**
Peer and Family Support *Second and fourth Sundays* *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

***Caring Friends, Weatherford 76086** **Every Tuesday** **6:00 to 8:00 pm**
Peer and Family Support *First United Methodist Church Weatherford*

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

***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.