

FAMILY SUPPORT GROUPS

NAMI Wake Family Support Groups are free, confidential and safe groups of families helping families who live with mental challenges in their lives. Families join a caring group of individuals helping one another through their learned wisdom. Families are no longer alone and they have a renewed sense of hope for their loved ones living with mental health challenges.

What are the goals of NAMI Family Support Group?

- To encourage, support and empower people.
- To provide this support free of charge and confidentially.
- To make this support available to any friend or family member of an individual with a mental illness.
- To provide a support group that is led by trained facilitators who are also family members of an individual living with a mental illness themselves.

These regular support group meetings are for family members and friends of persons with mental illness, both diagnosed and undiagnosed. No registration or RSVP is required. Support groups are regularly held at the locations listed below. Please visit <https://nami-wake.org/support-group-holiday-schedule> to know which holidays are observed.

Raleigh:

First 3 Mondays of each month

7:00pm – 8:30pm (Second Floor)
Highland United Methodist Church 1901 Ridge Road, Raleigh, NC 27607

Cary:

2nd and 4th Tuesdays of each month

7:00pm – 8:30pm (Room 101)
Christ the King Lutheran Church 600 Walnut Street, Cary, NC 27511

Wake Forest:

2nd, 3rd and 4th Tuesdays of each month

7:00pm – 8:30pm
Wake Forest United Methodist Church 905 S. Main Street, Wake Forest, NC 27587

Garner:

2nd and 4th Thursdays of each month

7:00pm – 8:30pm (Room 212)
Garner United Methodist Church 201 Methodist Dr, Garner, NC 27529

For questions or additional information, contact the NAMI Wake office.

Phone: (919) 848-4490 Email: fsg@nami-wake.org.