



National Alliance on Mental Illness

NAMI | Family Support Group

What is the NAMI Family Support Group Program?

They are free, confidential, and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family member can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI Kansas Family Support Group for Partners & Spouses is a peer-led support group for spouses, domestic partners, and significant others of a loved one who is living with a mental illness. Join with others in a safe environment to share experiences, struggles, challenges, resources, and successes.

YOU ARE NOT ALONE!

NAMI Kansas, a state organization of the National Alliance on Mental Illness, will offer its virtual **NAMI Kansas Family Support Group for Partner & Spouses** the 1st and 3rd Tuesday of each month. It is held via Zoom* from 7:00 p.m. – 8:30 p.m.



Participant Perspectives

“Before coming to the support group for partners & spouses, I had never spoken about my partner’s mental illness to neighbors, friends and not even to our relatives. I felt so alone and isolated.”

“I just attended my first family support group for partners and spouses and the group experience was just the kind of support I was seeking and needing. It really works because everyone there can relate to similar struggles, challenges and experiences that are different and unique from that of a parent or child.”



*Zoom link will be provided after registration. To Register, choose one of the following:

1. Use the QR code.
2. Click on the following link:
[NAMI KS Family Support Group for Partners & Spouses Registration](#)
3. Visit the NAMI Kansas Calendar at:
<https://namikansas.org/calendar/>

For more information, please contact:
Nancy Moser @ nancy.namifamily@gmail.com
Louise McIntire @ elmcintire73@gmail.com

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 Kansas, your local NAMI affiliate, & 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.



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