

Do you care about someone with a mental illness? Do you feel alone?



**Attend a NAMI Vermont FAMILY SUPPORT GROUP Meeting
and talk with someone who understands...**

NAMI Vermont's Family Support Group is a support group for families and friends of individuals living with a mental illness.

Family Support Groups empower and educate family members and close friends of individuals with persistent mental health challenges. All groups are led by trained individuals who have a family member living with a mental health condition and understand the same challenges you are experiencing.

Family Support Groups:

- are **free** of charge
- are scheduled for an hour and a half (90 minutes)
- are confidential — every participant is valued
- meet once or twice a month (no RSVP required)
- provide information on illness affecting your loved one
- connect individuals to educational opportunities
- provide an opportunity to share ideas and suggestions

TOWN	LOCATION	DAY/TIME	CONTACT
Berlin	Central Vermont Medical Center, Room 3 130 Fisher Road in Berlin	4th Monday 7:00 pm	Fran Levine 802/223-4085
Brattleboro	First Congregational Church 880 Western Avenue in West Brattleboro	1st Wednesday 6:30 pm	Judy & Chip Siler 802/275-2627
Burlington	Howard Center Corner of Pine Street & Flynn Avenue in Burlington <i>(Note: Please call Jim for directions to the meeting place. The entrance is located on the lower level down the pathway. The door is locked so please knock and someone will let you in.)</i>	2nd & 4th Tuesday 7:00 pm	Jim & Pat Johnson 802/872-9561
Burlington	Community Health Center, Mount Mansfield Conference Room (1 st Floor) 617 Riverside Avenue in Burlington *Meetings suspended in July and August of 2018	3rd Wednesday 6:00 pm	Janice Sabett 802/598-2171 Louise Lynch 802/999-3225
Georgia	Georgia Public Library 1697 Ethan Allen Highway (I-89 Exit 18) in Georgia	1st Tuesday 6:00 pm	Karlo Salminen 802/734-4516 or 802/893-6642
Manchester	Equinox Village, 2 nd Floor 49 Maple Street in Manchester	4th Wednesday 6:30 pm	Ann Cooper Cummins 802/297-0199
Rutland	Rutland Regional Medical Center Leahy Conference Center, Room D 160 Allen Street in Rutland <i>(Note: Please check the shadow board outside the Leahy Center for the Room #.)</i> *Date changed from 3rd Monday to 1st Monday	1st Monday 6:00 pm	Marcia Bassett 802/345-3016
St Johnsbury	Northeastern Vermont Regional Hospital, Library 1315 Hospital Drive in St. Johnsbury	4th Wednesday 5:30 pm	Donna Laferriere 802/626-8227
Townshend	Grace Cottage Community Wellness Center 133 Grafton Road (Route 35) in Townshend *New support group beginning July 2018	2nd Tuesday 6:30 pm	Phil Blackburn 713/591-2857
Williston	NAMI Vermont Office Kidder Newhouse Building (South Entrance) 600 Blair Park Road, Suite 301 in Williston *New support group beginning June 2018	3rd Monday 6:00 pm	Margie Lemay 802/876-7949 x100

Made possible in part by a grant from the Vermont Department of Mental Health

For more information visit:
www.namivt.org or call 1-800-639-6480

*Please contact us if you would like a group in your area,
are interested in being trained as a facilitator, or have any questions.*



600 Blair Park Road • Suite 301 • Williston, VT 05495 • 802/876-7949 Burlington area • 800/639-6480 toll-free

Updated 06/19/2018

Do you want to talk with someone just like you?



**Attend a NAMI Vermont PEER SUPPORT GROUP Meeting
and talk with someone who understands...**

NAMI Vermont's Connection Support Group is a peer support group for adults living with mental health challenges that is expanding in communities throughout Vermont and across the country. These groups provide a safe place that offers respect, understanding, encouragement, and hope to all who attend.

Connection Support Groups offer a casual, relaxed approach to sharing the opportunities, and successes of coping with mental health challenges.

Connection Support Groups:

- are **free** of charge
- are confidential — participants may share as much or as little as they wish
- meet weekly or monthly for 90 minutes
- follow a flexible structure without an educational component
- are facilitated by two trained individuals who are in recovery themselves
- do not endorse or recommend any medications or medical therapies

TOWN	LOCATION	DAY	TIME
Bennington	United Counseling Service, CRT Center 316 Dewey Street in Bennington	Every Tuesday	12:00-1:30 pm
Berlin	Central Vermont Medical Center, Boardroom 130 Fisher Road in Berlin	2nd Thursday of each month	4:00-5:30 pm
Burlington	Saint Paul's Cathedral (<i>enter from parking lot into lower level</i>) 2 Cherry Street in Burlington	Every Thursday	3:00-4:30 pm
Rutland	Rutland Mental Health Services (<i>parking/entrance off Engrem Avenue</i>) 78 South Main Street in Rutland	Every Sunday	4:30-6:00 pm
St. Johnsbury	Universalist Unitarian Church 47 Cherry Street in St. Johnsbury	Every Thursday	6:30-8:00 pm

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