

NAMI Pasco Support Group Meetings

The Pasco County Chapter of NAMI (National Alliance on Mental Illness) offers two Types of support groups meetings each month, *One of those living with mental illness and**and another for family and friends of those with mental illness. This covers all brain disorders, including, but limited to OCD, depression, bi-polar, schizophrenia, multiple personalities, ect.

***NAMI CONNECTION RECOVERY SUPPORT GROUP**

A structured closed group, open only to those with mental illness diagnosis. This group for individuals 18 and over, interested in the recovery process, sharing coping skills and being with others who understand the daily challenges of living with a mental illness and is facilitated by trained peers.

- 1. Every Wednesday, 7-8:30pm, WellCare Office, Southgate Shopping Center, 5113 US Hwy 19, New Port Richey**

***NAMI FAMILY SUPPORT GROUP**

For family members and caregivers of someone with a mental illness diagnosis.

- 1. Medical Center of Trinity "West Campus", 5637 Marine Parkway, New Port Richey, 6:30-8pm, 2nd and 4th Mondays of the month.**
- 2. Atonement Lutheran Church 29617 State Road 54, Wesley Chapel, 33543. 7-8:30pm, 1st and 3rd Tuesdays of the month.**

Additional information: NAMI 727-992-9653 or www.namipasco.org



National Alliance on Mental Illness

NAMI | Hernando

BEAUTIFUL MIND CENTER

10554 Spring Hill Dr. Spring Hill, FL 34608

CONNECTION SUPPORT GROUPS

MONDAY 7:00-8:30 pm

WEDNESDAY 3:00-4:30 pm

FRIDAY 7:00-8:30 pm

SATURDAY 10:00-11:30 am

FAMILY SUPPORT GROUPS

WEDNESDAY 3:00-4:30 pm

SATURDAY 10:00-11:30 am

SOCIAL ACTIVITIES

BOWLING AT SPRING HILL LANES

SUNDAY @ 2:30 pm

SKILLS TRAININGS

ART 1st & 3rd THURSDAY 12:00-2:00 pm

COMPUTER WEDNESDAY 1:00-2:00 pm

LUNCH & LEARN 3rd FRIDAY 12:00-1:00 pm

(Please register by 3pm the day before)

NAMI SIGNATURES EDUCATION CLASSES

NAMI BASICS (6 weeks) For parents of children with a mental health condition

PEER TO PEER (10 weeks) For adults living with a mental health condition

FAMILY TO FAMILY (12 weeks) For family members of an adult with a mental health condition

MENTAL HEALTH FIRST AID

Offered free at the Beautiful Mind Center every other month

TO REGISTER FOR AN UPCOMING EDUCATION CLASSES OR FOR MORE INFORMATION

CALL 352-684-0004 or EMAIL NAMIHERNANDO@TAMPABAY.RR.COM

