

# Online Parent Resource Support Group

*Do you have a child that lives with a mental illness?*



***Begins October 18, 2018***  
**1st and 3<sup>rd</sup> Thursday of each Month**  
**6:30 – 8:00 pm**

#### **To access the group:**

1. Visit [www.supportgroupscentral.com/nami-mn](http://www.supportgroupscentral.com/nami-mn)
2. Click on the Blue Tab that says **“Not yet a member? Create your member account now!”**
3. Create an account
4. Click on **“NAMI Minnesota”** at the top of the page
5. Find the support group you’d like to attend and click on the **“Register”** button

For more information, contact Jennie at [jenniebrinkworth@gmail.com](mailto:jenniebrinkworth@gmail.com)



**National Alliance on Mental Illness**

**MINNESOTA**

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[www.namimn.org](http://www.namimn.org)

## **Description:**

**NAMI Minnesota (National Alliance on Mental Illness)** provides support groups to help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills, and develop problem solving skills.

This group is for parents and caregivers of children under age 18 living with a mental illness. The group is facilitated by a parent who has a child with a mental illness and who has received specialized training.

*If you have cannot attend an in-person group, this is the perfect solution! Join a web-conferencing support group – No chat rooms or forums. You can talk live to real people from the comfort of your home. Use a computer, tablet, or smartphone to connect to your peers online. We hope you find support with us soon!*



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.