



NAMI Kenosha County Support Groups

Horizons by Phil Koch

ADOLESCENT GROUP	ADULT GROUP	FAMILY/FRIENDS
ADHD, Addiction, Anxiety Disorder, Bipolar Disorder, Borderline Personality Disorder, Depression, Dual Diagnosis, Eating Disorders, Obsessive-Compulsive Disorder, Posttraumatic Stress Disorder, Schizophrenia.		

NAMI Kenosha County offers FREE peer-lead support groups for individuals coping with a mental illness and their family and friends. A NAMI support group leverages the collective knowledge and experience of the other participants. It can offer you practical advice on addressing issues related to mental illness in a safe and caring environment for individuals moving forward in their own recovery. It offers a casual and relaxed approach to sharing the challenges and successes of coping with serious mental illness, where people learn from each other's experiences and offer each other encouragement and understanding. The NAMI Family Support Group is a 60-90 minute session free of charge. Attendance is optional and confidential. People are free to attend whenever they feel the need, and new participants are always welcome.

Kenosha – City location
When: Twice per month on the 2 nd and 4 th Thursday at 6PM.
Where: St. Paul's Lutheran Church, 8760 37th Avenue.
Support Groups: Adolescent, Adult, & Family/Friends.
Questions? 262-652-3606



Talk to someone who understands...someone just like you. For more information, please visit our website www.namikenosha.org or call 262-652-3606.

