For Criminal Justice Involved Families

What is the NAMI Family Support Group Program?
NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, 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 members can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI Urban Los Angeles, the local organization of the National Alliance on Mental Illness, is offering its NAMI Family Support Group Program for Criminal Justice System involved families on the 1st Tuesday of each month, 5:00 – 6:30 PM.

Participant Perspectives
“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time.”

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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 Urban Los Angeles is an affiliate of NAMI California. NAMI Urban Los Angeles and 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.
What are NAMI Support Groups?

The NAMI support group model operates differently than other, more traditional “share-and-care” groups. The NAMI support group model offers a set of key structures and group processes for facilitators to use in common support group scenarios. Our support groups ensures attendees a chance to share and participate.

Are Support Groups for me?

This particular support group is targeted to families with criminal justice system involvement. It can provide relevant information, a connection to personal experiences, listening to others’ experiences, provide sympathetic understanding and establishing social networks. Knowing that there are others who have shared your same experiences may cause a sense of relief because you are not alone.

We provide the information you need to navigate the criminal justice system so you can help your loved one get the proper placement and help they need.

• Learn about the agencies in your area.
• Learn what resources are available so you can advocate effectively.
• Learn effective ways to communicate in crisis situations.
• Hear from speakers who will share their knowledge, experience, and expertise.
• Learn about jail diversion opportunities at time of arrest.
• Learn how to help improve the quality of life for those in prison.