## NAMI Family Member Support Group 3rd Tuesday each month @ 2:30pm-4pm Muskingum County Senior Center



This confidential support group is for any adult with a loved one who has experienced a mental illness. The group encourages empathy, productive discussion, and a sense of community, and is led by a trained family member facilitator. Please join us! You will gain hope and develop some supportive relationships as members share their challenges and successes in supporting their loved ones.

**Muskingum County Senior Center** 

160 N 4th Street

Zanesville, OH 43701

For more information contact Bonnie Burns @ 740-647-9617





