

What is NAMI Family Support Group Program?

NAMI Family Support Groups are free, confidential and peer-led groups for families of individuals with mental health conditions. Through this group, members can find hope and support by connecting with others who face similar challenges. Family members gain support from peers and insight into the challenges and successes of others.

NAMI Treasure Valley, the local organization of the National Alliance on Mental Illness, will offer its NAMI Family Support Group Program the first 4 Wednesdays of the month. It will be held at 7pm to 8:30 pm at El-Ada Program Building, 2250 S. Vista Ave Boise.



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.”

Contact us to find out more about NAMI Family Support Groups!

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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 Treasure Valley is an affiliate of NAMI Idaho. NAMI Treasure Valley 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.