

*Hanover County
Family Support Group*



*For Family Members
of a Loved One with a
Mental Illness*

Do you...

- Have a loved one that has been diagnosed with a mental illness?
- Feel isolated from family and friends?
- Feel guilty or angry because your loved one is sick?
- Feel overwhelmed by the challenges that mental illness brings to your family's life?
- Resent the impact that this illness has on you and or your family?

Hanover County Family Support Group

The Hanover County Family Support Group invites you to our next meeting.

Who are we?

We are the parents, grandparents, children, brothers, sisters and friends of a loved one with a mental illness.

Our Purpose:

The purpose of our group is to:

- Support one another.
- Share experiences of living with a family member with mental illness, and learn from our experiences.
- Discuss challenges and gain some insight on how other families meet those challenges.
- Advocate for our loved ones.

Mark your calendar for our next meeting

Date: The second Tuesday of each month we host an open meeting where we join in support of one another.

Time: 7:00 to 8:30 p.m.

Place:

CSB Board Room
Hanover Community Services
12300 Washington Highway
Ashland, VA 23005

Questions:

Call 365-4222 or 365-6764

