



NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Groups generally meet on a monthly basis.

The following is a list of our many different support groups that meet in the Austin area. For more information, please contact NAMI Austin at **512.420.9810** or [info@namiatx.org](mailto:info@namiatx.org).

NAMI Austin <b>Family Support Group</b> For families and friends of individuals living with mental illness	4:00 – 5:30 p.m.	1 <sup>st</sup> Sunday	<b>Integral Care</b> 1700 South Lamar Blvd., Austin, TX 78704 From Lamar Blvd., turn onto Collier St. Take the 3 <sup>rd</sup> left into the large parking lot. (in Large Training Room) <a href="mailto:info@namiatx.org">info@namiatx.org</a>
NAMI Austin <b>Daughters &amp; Sons Support Group</b> For adult children of parents with mental illness.	7 - 8:30 p.m.	2 <sup>nd</sup> Wednesday	<b>Austin State Hospital</b> Canteen/Nifty Fifty Diner 4110 Guadalupe St. Austin, TX 78751 <a href="mailto:daughtersandsons.fsg@namiatx.org">daughtersandsons.fsg@namiatx.org</a>
NAMI Austin <b>Family Support Group</b> For families and friends of individuals living with mental illness	7 - 8:30 p.m.	2 <sup>nd</sup> Thursday	<b>Seton Shoal Creek</b> 3501 Mills Ave Austin, TX 78731 (In the Cafeteria) <a href="mailto:setonshoalcreek.fsg@namiatx.org">setonshoalcreek.fsg@namiatx.org</a>
NAMI Austin <b>Family Support Group</b> For families and friends of individuals living with mental illness	7 - 8:30 p.m.	2 <sup>nd</sup> Thursday	<b>St. Michael's Episcopal Church</b> 1500 N Capital of Texas Hwy Austin, TX 78746 Room 5, Preschool (next to fenced yard) <a href="mailto:info@namiatx.org">info@namiatx.org</a>
NAMI Austin <b>Family Support Group</b> For families and friends of individuals living with mental illness	6:30 – 8 p.m.	3 <sup>rd</sup> Tuesday	<b>Austin Oaks Hospital</b> 1407 W Stassney Ln, Austin, TX 78745 (In large dining room) <a href="mailto:info@namiatx.org">info@namiatx.org</a>
NAMI Austin <b>Family Support Group</b> For families and friends of individuals living with mental illness	10 – 11:30 a.m.	<b>Starts in September!</b> 3 <sup>rd</sup> Saturday	<b>Abiding Love Lutheran Church</b> 7210 Brush Country Rd, Austin, TX 78749 <a href="mailto:info@namiatx.org">info@namiatx.org</a>
NAMI Austin <b>Family Support Group</b> For families and friends of individuals living with mental illness	7 – 8:30 p.m.	4 <sup>th</sup> Thursday	<b>Bethany United Methodist Church</b> 10010 Anderson Mill Rd. Austin, TX 78750 (Park in lot at int. of Anderson Mill and Swallow. Enter through double doors. Walk down the hall and up the stairs. Meeting room 203 is on your right.) <a href="mailto:info@namiatx.org">info@namiatx.org</a>

Updated 8/14/2017

For the most up-to-date schedule, please visit [www.namiatx.org/family-support-group](http://www.namiatx.org/family-support-group)