



Who We Are:

A place to come and share your story, or just listen and learn from others.

**NAMI Trained Support Group
Facilitator Contact
Information:**

Kevin R Morris
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Barb Ruschak
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**DON'T BE
ASHAMED OF
your story.
because IT WILL
INSPIRE OTHERS!**
-Unknown

When a friend or family member develops a mental health condition, it's important to know that you're not alone.

Many Americans have experienced caring for a person with mental illness. 1 in 25 Americans lives with a serious mental health condition.

You may be trying to help a family member who doesn't have access to care or doesn't want help. Or you may want to learn how to support or encourage someone who has been hospitalized or experienced a similar mental health crisis.

We are here to help!



**“YOU ARE NOT
ALONE”**

*A Support Group for
Parents and Caregivers of
Adults and Children
dealing with Mental
Illness*

**OCTOBER 5th
NOVEMBER 1st
DECEMBER 6th**



What to Expect From a Support Group

Connecting with others with similar experiences, knowing perhaps for the first time, that they are not alone on the journey to recovery.

Dates:

**October 5, November 1,
December 6**
(additional dates will be scheduled each month)

Time: 6:00 – 7:30 PM

Location:

**Westmoreland County
Community College
Greene County Campus**

**100 Evergreene Drive
#102 Waynesburg, PA 15370**



Benefits of Support Groups

- Feeling less lonely, isolated or judged
- Gain a sense of empowerment and control
- Reduce distress
- Overcome Stigma
- Learn about services and supports within Greene County



Sponsored by Greene County Human Services, and the Greene County Board of Commissioners