

MISSION: NAMI Western Carolina is an affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. We recognize that the key concepts of recovery, resiliency and support are essential to improving the wellness and quality of life of all persons affected by mental illness. Mental illnesses should not be an obstacle to a full, meaningful life.

2018 SUPPORT GROUP SCHEDULE

An UP-TO-DATE GROUP SCHEDULE can always be accessed at www.namiwnc.org/support/ or by calling our office at 828-505-7353

All support groups are 90 minutes, free of charge, and offered on a drop-in basis.

- CONNECTION Group is for those with a mental health and/or substance use issue. (1st Saturday, 2nd Monday, 3rd Tuesday, 4th Monday of the month)
- ANXIETY Support Group is for those wanting support to deal with their anxiety. (1st and 3rd Thursdays of each month)
- FAMILY/CAREGIVER Group is for anyone supporting a person living with a mental health issue. (1st Saturday, 3rd Tuesday of the month)
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CONNECTION and FAMILY/CAREGIVER Groups **meet separately** at our 356 Biltmore Avenue office.

| Date | Time | Type of Group(s) | | Location |
|-----------------------------|----------|-----------------------|------------------|---|
| Thursday, January 4, 2018 | 7:00PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, January 6, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, January 8, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, January 16, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, January 18, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, January 22, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, February 1, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, February 3, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, February 12, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, February 15, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, February 20, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, February 26, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, March 1, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, March 3, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |

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| Monday, March 12, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, March 15, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, March 20, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, March 26, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, April 5, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, April 7, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, April 9, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, April 17, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, April 19, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, April 23, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, May 3, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, May 5, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, May 14, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, May 15, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, May 17, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, May 28, 2018 MEMORIAL DAY – OFFICE CLOSED | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, June 2, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, June 7, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, June 11, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, June 19, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, June 21, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, June 25, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, July 5, 2018 | 7:00 PM | Anxiety Support | | 356 Biltmore Avenue, |

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| | | Group | | Suite 207, Asheville, NC |
| Saturday, July 7, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, July 9, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, July 17, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, July 19, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, July 23, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, August 2, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, August 4, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, August 13, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, August 16, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, August 21, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, August 27, 2018 | 11:00AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, September 1, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, September 6, 2018 | 7:00PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, September 10, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, September 18, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, September 20, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, September 24, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, October 4, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, October 6, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, October 8, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, October 16, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, October 18, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, October 22, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, |

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|-----------------------------|----------|-----------------------|------------------|---|
| | | | | Suite 207, Asheville, NC |
| Thursday, November 1, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, November 3, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, November 12, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, November 15, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, November 20, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, November 26, 2018 | 11:00AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Saturday, December 1, 2018 | 10:00 AM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, December 6, 2018 | 7:00PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, December 10, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Tuesday, December 18, 2018 | 6:00 PM | Connection | Family/Caregiver | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Thursday, December 20, 2018 | 7:00 PM | Anxiety Support Group | | 356 Biltmore Avenue, Suite 207, Asheville, NC |
| Monday, December 24, 2018 | 11:00 AM | Connection | | 356 Biltmore Avenue, Suite 207, Asheville, NC |