


Join us at our FREE, peer-led mental health support groups!

- Connections Support Group - For individuals with a mental illness
- Family Support Group - For loved ones of individuals with a mental illness

We have one set of separate support groups in Sandusky held on the third Thursday of every month at 6 pm. They give individuals the opportunity to speak about their experiences with mental illness and give/receive support with others who are in similar situations.

 **138 E Market Street**
Sandusky, OH, 44870

 **130 Main Street**
Milan, OH, 44846

We offer a second blended, bilingual support group session in Milan on the fourth Monday of every month at 6 pm. Both English and Spanish speakers are welcome to come to this group.

Your privacy is very important to us at NAMI of Erie County. Our support groups are safe spaces to share. We do not share information.

Our support groups are free of charge with no registration required.

-We also offer Family to Family classes throughout the year. It is an 8-session course for loved ones of individuals with a mental illness. This course covers a wide variety of topics including coping skills, crisis management, communication styles, and much more. Contact us for details.

Follow us on social media!

 namieriecountyohio.org

 Nami Erie

 [namioferiecountyohio](https://www.instagram.com/namioferiecountyohio)

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 419-370-6352



Dates of our next 6 support groups:

Sandusky:	Milan:
01/16/25	01/27/25
02/20/25	02/24/25
03/20/25	03/24/25
04/17/25	04/28/25
05/15/25	05/26/25
06/19/25	06/23/25