

# Monthly Support Group For People with Mental Illness And their Loved Ones

## YOU ARE NOT ALONE...

in your need for support,  
education, and advocacy opportunities



## Join us beginning January 12, 2015

**When:** 2<sup>nd</sup> Monday of each month 7:00 to 8:30pm

**Where:** Jewish Family Services  
14855 Oka Road, Suite 202 Los Gatos, CA 95032

Your attendance at this support group strengthens each of us as we try to support those who are mentally ill and their friends and family by:

- Keeping ourselves healthy
- Effectively using medical, legal, and government systems
- Learning about brain disorders (serious mental illnesses)

Contact Jodi for more information at (408) 357-7456 or email [jodicd@jfssv.org](mailto:jodicd@jfssv.org).

For additional information about mental illness and NAMI of Santa Clara County:

Contact NAMI at (408) 453-0400 M-F 10am - 2pm



**Jewish Family Services**  
of silicon valley

[www.jfssv.org](http://www.jfssv.org)



National Alliance on Mental Illness RECOVERY SUPPORT GROUP

[www.namisantaclara.org](http://www.namisantaclara.org)