The National Alliance on Mental Illness (NAMI) Summit County sponsors support group meetings for family members and friends of individuals suffering from severe and persistent brain disorders (mental illness). These meetings are currently being held in the following locations:

**SUPPORT GROUP MEETINGS** – All meetings run from 7:00 p.m. to 8:30 p.m.

Every Tuesday at Community Support Services between Thornton and Cross Streets on the west side of Wolf Ledges Parkway several blocks north of I-76/77 just west of the central interchange of the Akron Expressway and diagonally across from the Main Post Office. The room is 200C accessed via the South entrance stairs.

Every 2nd Thursday at the First Congregational Church in Hudson – 47 Aurora Street. The church is ¼ mile east of the clock tower at Rte 91 and Aurora Street on the north side of the street (large brick building with tall steeple). We meet in the basement or the Activity Room on 3rd floor. Look for sign posted near elevator as you enter the lobby from rear of the building.

The 4th Tuesday of every month, beginning at the Akron General Wellness Center, 4125 Medina Rd. (Rte 18), in the Copley Room on the 2nd Floor. The center is just west of I-77 on the north side of Rte 18.

A CONNECTIONS support group strictly for consumers of mental health services is held every 2nd and 4th Monday of the month at 3:00 p.m. at CHOICES, 320 E. South St., Akron 44311. Contact CHOICES at 330-752-8151. Connections is also held the 1st Tuesday of the month at Community Support Services at 7:00 p.m. Meetings are held on the second floor.

**EDUCATION**

We also offer a 12-week educational program for family members and friends of those who suffer from mental illness called **Family-to-Family**, which is taught by trained family members. It covers topics ranging from diagnoses, medications, how to communicate with and advocate for your loved one, to self-care issues and setting boundaries. For many, this is where they learn to support recovery for their friend or family member.

**Hand-to-Hand** is a 9-week curriculum similar in structure to Family-to-Family, with each week dedicated to a particular aspect of a child's mental illness. This program assists families of children diagnosed with serious emotional and mental illness. These classes meet once a week for about 2 ½ hours.

NAMI Education and Support Programs are provided free of charge. For more information on locations, dates/times, and enrollment visit [www.namisummit.org](http://www.namisummit.org).

This website contains information regarding all of our programs as well as links to other sites providing services and information on mental illness.