

What is the NAMI Family Support Group Program?

NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI Kauai, the local organization of the National Alliance on Mental Illness, offers NAMI Kauai Family Support Groups. In Person and On Zoom.

Questions? Call 808-631-4982 for zoom link, in person meeting details and directions.



Participant Perspectives

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time.”

Contact us to find out more about NAMI Support Groups and Resources!

808-631-4982

Monthly NAMI Kauai Family Support Groups

2nd Wednesday 6-7:30 pm - Zoom

3rd Monday 6-7:30 pm - In Person

Mahelona VTC Rm. Kapaa

Last Saturday 10 am-11:30 am Potluck after,
Salt Pond, Small Pavillion near lifeguard, Hanapepe

NAMI Kauai
808-631-4982
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Contact Karin Medigovich

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Kauai is an affiliate of NAMI Hawaii. NAMI Kauai and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.