

# Parent Resource Support Group

*Do you have a child that lives with a mental illness?*



## **Apple Valley**

2nd & 4<sup>th</sup> Tuesdays, 6:30-8:00pm  
Shepherd of the Valley Church  
12650 Johnny Cake Ridge Road  
*FREE childcare, FREE pizza provided at 6pm*

## **Inver Grove Heights (starts August 1<sup>st</sup>)**

1<sup>st</sup> and 3<sup>rd</sup> Mondays 6:30-8:00pm  
River Heights Vineyard Church  
6070 Cahill Ave.  
*Free childcare, FREE meal provided at 6:00*

## **Hastings**

3<sup>rd</sup> Saturdays of the month, 9:00-10:30 am  
Hastings High School Rm C125

Contact Cari (651) 645-2948 X130 with questions and/or childcare or transportation barriers



800 Transfer Road, Suite 31  
St. Paul, MN 55114  
Phone: 1-651-645-2948  
Toll Free: 1-888-626-4435  
[www.namihelps.org](http://www.namihelps.org)

## **Description:**

### **NAMI Minnesota (National Alliance on Mental Illness)**

provides support groups to help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills and develop problem solving skills.

Parents and Caregivers of children under 18 living with, but not limited to: ADHD, Anxiety, Autism, Bipolar, Depression, Eating Disorders, Schizophrenia, and others are welcome.

Support groups are facilitated by a parent who has a child with a mental illness and who has received specialized training.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.