



National Alliance on Mental Illness

NAMI Southwest CT

Child & Adolescent Network

Raising a child with mental health challenges can be stressful, exhausting, and lonely.

NAMI-CAN (Child & Adolescent Network) provides support for parents and caregivers of children and adolescents, under age 21, with behavioral, emotional and mental health concerns.

The support groups are FREE, confidential, safe and led by trained volunteer facilitators with lived experience. Parents and caregivers may speak freely and be understood without embarrassment or fear of being judged or treated differently.

**Remaining 2017-18 dates: Mondays: 3/12, 4/9, 5/14, 6/11
6:30 to 8:00 p.m.**

1st Congregational Church of Darien
14 Brookside Rd., **Darien**, CT 06820
Contact: Karen (203) 984-8329
or Shelagh (203) 461-8582

**Remaining 2017-18 dates: Tuesdays: 3/20, 4/17, 5/15, 6/19
7:00 to 8:30 p.m.**

Silver Hill Hospital
208 Valley Rd., **New Canaan**, CT 06840
Contact: Karen (203) 984-8329
or Catherine (203) 673-2917

**Remaining 2017-18 dates: Mondays: 3/26, 4/23, 5/21, 6/18
10:00 - 11:30 a.m.**

Gilbert & Bennett Cultural Arts Center
49 New Street, **Wilton**, CT 06897
Contact: Vanessa (203) 970-4130
or Beth (203) 984-0123

NAMI Southwest CT is dedicated to improving quality of life for people living with mental health conditions and their families, through support, education and advocacy.

Healing Hearts, Mending Minds