

Family Support Groups

Relatives and Friends of Persons in Recovery from Mental Illnesses

Family support groups are recognized by the Substance Abuse Mental Health Services Administration (SAMHSA) as an evidence-based practice that offers hope, guidance, advocacy, and camaraderie for parents and caregivers of adults receiving services from mental health, substance use, and related service systems. Family support is a great means for families to gain awareness and guidance for supporting their loved one, such as:

- Understanding of the core concepts and experience of recovery
- Instruction about treatment, rehabilitation, peer support, and self-care regimens that serve to safely sustain family members- and prevent relapse -in recovery at home and in the community.
- Development and enhancement of the family's specific problem-solving skills and coping mechanisms.
- Connection to key community and learning resources

The goal of family support is to help the family adapt to the impact of mental illness on the entire family, to acquire new coping skills, and to regain a new and positive family life.



MHAW's Family Support groups are facilitated by practitioners in our Centers for Wellness and Recovery and include periodic guest speakers and presenters in response to the interests and needs of group participants.

Tuesday at 7 p.m. - Synergy Center for Recovery & Wellness,

1380 Roanoke Ave, Riverhead

Contact: Kelli Regula, Family Support Group Facilitator
kregula@mhaw.org; 631-471-7242 ext 1212

Wednesday at 7 p.m. - Pollack Center for Recovery & Wellness,

939 Johnson Ave, Ronkonkoma

Contact: Brigitte Kremens, Family Support Group facilitator
bkremens@mhaw.org; 631-471-7242 ext. 1313

A phone conversation with the Contact above is recommended in advance of your attendance.

This service is provided at no fee thanks to a contracted support with the New York State Office of Mental Health and the Suffolk County Division of Community Mental Hygiene Services.

Call MHAW Helpline for more Information about these groups or assistance to connect with any community resources and services: (631) 226-3900

Visit us at www.mhaw.org

