

For information about NAMI Antelope Valley programs and other services,  
call us at (661) 341-8041

or  
e-mail us at: [nami-av@nami-av.org](mailto:nami-av@nami-av.org)

or  
write to us at

NAMI Antelope Valley  
506 West Jackman St.  
Lancaster, CA 93534

#### AS NAMI MEMBERS WE...

BRING needed changes in treatment,  
research and improved quality of life to the  
mentally ill.

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PROVIDE emotional support to each other  
during times of crisis and help each other  
cope, day to day.

---

PROVIDE a positive support group and the  
latest available information.

---

ADVOCATE for more decent and affordable  
housing.

---

EDUCATE the public to eliminate stigma.

As NAMI of Antelope Valley  
membership grows,  
so does its power to advocate for changes  
for the benefit of the mentally ill.

#### What Is a NAMI-AV Member?

A member is (1) a person with a mental illness or a relative  
or friend of a person with a mental illness; (2) may be an  
individual or a family of individuals living in one house-  
hold; (3) accepts the mission of NAMI and pays any  
required dues to NAMI Antelope Valley, NAMI California  
and NAMI (national).

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Do You  
Know Someone  
With a Mental Illness?

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National Alliance on Mental Illness  
Antelope Valley, California

Serving the Antelope Valley  
and Surrounding Communities

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Email: [nami-av@nami-av.org](mailto:nami-av@nami-av.org)

Web: <http://www.nami.org/sites/nami-av>

The National Alliance on Mental Illness of Antelope Valley (NAMI-AV) was organized in 1989 for the purpose of sharing experiences with others in the ongoing quest for understanding and trust-building among family members.

The goals of the group are to offer education, coping skills, encouragement, support, compassion and hope for the mentally ill, their spouses, siblings, family members and friends. It is important to know that you are not alone.

Through compassionate caring and sharing, NAMI-AV provides emotional and moral support in times of crises and during the healing stages, facilitating feelings of confidence, growth and inner peace for family members.

Educational Meetings offer the opportunity to ask questions of knowledgeable professionals in the mental health field.

As an affiliate of both the National Alliance on Mental Illness (NAMI) and National Alliance on Mental Illness - California, NAMI-AV works toward developing greater community resources and services to maximize the potential for wellness, self-sufficiency, and the protection of the mentally ill.

## SERVICES

English language support group meetings are held on the 2nd and 4th Mondays of each month (except on or near holidays) from 7:00 PM to 9:00 PM at

Kaiser Permanente  
Lancaster Mental Health Office  
44444 North 20th Street West  
Lancaster, CA 93534  
(just north of the Sizzler restaurant)

Spanish language support group meetings are held on the 1st and 3rd Tuesdays of each month (except on or near holidays) from 7:00 PM to 9:00 PM at

Discovery Resource Center  
1609 East Palmdale Blvd., Suite G  
Palmdale, CA 93550

Family and friends are welcome to attend the meetings and become more involved in learning about, dealing with and supporting the mentally ill and the issues that concern them. All meetings are free of charge.

NAMI Antelope Valley is a non-profit 501(c)(3) organization. Contributions are tax deductible to the extent allowable by law.

## SERVICIOS

Hay un reunión del grupo en inglés en el segundo y cuarto lunes cada mes (excepto en los días festivos). Empieza a las 7:00 PM to 9:00 PM en este lugar:

Kaiser Permanente  
Lancaster Mental Health Office  
44444 North 20th Street West  
Lancaster, CA 93534

Hay un reunión del grupo apoyo en español en el primero y tercero jueves cada mes (excepto en los días festivos). Empieza a las 7:00 PM y termina a las 9:00 PM en este lugar:

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Palmdale, CA 93550

La familia y amigos estan bienvenido a asistir los reuniones para aprender y comprende las enfermedades mental y para enfrentarse con las cosas en la vida de una persona que tiene una enfermedad mental. Todos los reuniones son gratis.

NAMI Antelope Valley es un organización sin fin lucrativo 501(c)(3). Donaciones son exclusiones de contribución al extento se permiten por la ley.

Para mas información sobre NAMI-AV por favor envia un email, visite en las página de web o llamenós. Información del contacto esta en otro lado de esta folleto.

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