

Support for parents of mentally ill

By: Misti Crane

The Columbus Dispatch - January 16, 2012 16:01 PM

Mental Health America of Franklin County and Jewish Family Services are starting a support group for families and friends of adults affected by mental illness. The group, Families in Touch, begins Jan. 25 and will be led by a social worker. Participants will be able to speak openly about their struggles with a loved one who has a mental illness. The group also aims to provide family and friends with more information about the mental health care system and to help them become better advocates for their loved ones.

The first meeting will be an open house with a program on coping with winter blues.

The group will meet on the second and fourth Wednesday of each month from 5:30 to 7:00 p.m. at Jewish Family Services, 1070 College Ave. For more information on this group and others, please visit www.mhafc.org and click on the "Support Groups" link on the left side.