

NAMI CONNECTION RECOVERY SUPPORT GROUP PROGRAM



<u>What is NAMI Connection?</u> A recovery support group program for adults living with mental illness that is expanding in 47 states throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

- Connection groups meet once a week for 90 minutes and offer a structured group process designed to encourage, support and empower people.
- Connection groups are free and confidential
- Connection groups are open to any adult living with a mental illness
- Connection groups are led by trained facilitators living in recovery themselves

<u>How can I find a NAMI Connection group?</u> If you or someone you know would like to attend a NAMI Connection group, please visit <u>www.nami.org/connection</u> and click on the interactive map to find a group near you. You may also contact your affiliate or state office for more information!



Find NAMI Connection on Facebook! www.facebook.com/thenamiconnection

What People are saying about NAMI Connection

"NAMI Connection has helped not only me, but also my family, to accept my mental illness."

"NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!"

"It is such a blessed relief to meet so many wonderful people who are intelligent and capable, while dealing with a mental illness. Thank you so much for this program and giving me hope and the vision of a great future."

Getting involved with NAMI Connection has helped me to get involved with other people who share the same issues as I do, which means I've made some really good friends.