NAMI Connection is a **FREE** Peer Support Group for adults 18 and over with Mental Health diagnoses or concerns. We are a closed group. This means that only those with a diagnosis or concern can attend. This provides safety within the group. Connection is led by individuals who are specially trained and who are in recovery.

6:00PM to 7:30PM Every Tuesday

Follow the Link Below to Join:

https://zoom.us/meeting/register/vJ0pd-CqrDMtTDHBlRmsibT7D49LsALFlQ

Pre-registration is required as space is limited. Support groups meet online via ZOOM.

**Participant Perspectives:**

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

“NAMI Connection is the promise of what is and what can be in our lives.”

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