



NAMI Connection

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

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

2:00PM to 3:30PM Every Friday

[Follow the Link Below to Join:](#)

<https://zoom.us/meeting/register/upApdOqupjgvDRocqnd0n5WllhPWUli1Bg>

[Pre-registration is required as space is limited. Support groups meet online via ZOOM.](#)

YOU
ARE NOT
ALONE



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.”

www.namipierce.org
info@namipierce.org
[25https://zoom.us/](https://zoom.us/)



NAMI

National Alliance on Mental Illness

Pierce County