



YOU ARE NOT ALONE

Join a NAMI Connection Support group Today!

NAMI Connection Recovery Support Groups are:

- a confidential support group for adults concerned about their mental health
- free of charge to participants.
- a safe place for you to express yourself without judgement
- led by trained facilitators living with mental illness who are at a point in recovery that they want to give back to the community.
- a proven avenue to recovery
- a safe environment for you to express yourself without being judged.
- inclusive - anyone welcome, regardless of diagnosis.



What are the goals of NAMI Connection support groups?

- Provide a sense of community and hope throughout recovery.
- Encourage, support and empower people.
- Provide confidential support free of charge.
- Support any adult who is concerned about their mental health
- Provide a support from trained facilitators living in recovery themselves.

Our Connection Recovery Support Groups are held

Wednesday and Friday

10:30-12:00

at the CSRLC-35 Medford St,
Somerville, Suite111

Contact Janel Tan, Program Director
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transforming lives together