



What is NAMI Connection:

- A FREE support group of adults living with a mental health condition
- Find understanding, respect, encouragement, and hope in a safe and confidential setting.
- Led by trained facilitators who are living in recovery and wellness.

All groups meet from 6:30 to 8:00PM

SLIDELL - 2nd & 4th Monday of every month

Ochsner Medical Center - Northshore • In the Camellia Room

HAMMOND - 1st & 3rd Wednesday of every month

North Oaks Medical Center Main Campus • In the E. Brent Dufreche Conference Center

COVINGTON - 1st & 3rd Thursday of every month

St. Tammany Parish Hospital • In the Madisonville Room

**No registration is required. Group schedule and locations may be subject to change.*

For more information on this program and other mental health care resources, contact:



NAMI St. Tammany
National Alliance on Mental Illness

985-626-6538 • Toll Free: (888)521-2297
info@namisttammany.org • www.namisttammany.org

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