

Online Support Group



What is NAMI Connection:

- A FREE support group for 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.

FREE online group meets every Thursday at 6:30PM (CST)

Join by computer, mobile device or phone

Virtual support groups provide a new way for individuals to connect and gain the support that they need.

To learn more and to find out if our Connection Support Group is right for you, contact us at 985-626-6538 or info@namisttammany.org

**No registration is required.*

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



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

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