

Free Online Support Groups

Join by computer, mobile device or phone



What is NAMI Connection Support?

- A free support group for adults living with a mental health condition.
- Gain insight from hearing the challenges and successes of others.
- Find understanding, respect, encouragement, and hope in a safe and confidential setting.
- Led by trained facilitators who are living in recovery and wellness.

**Every Thursday
at 6:30PM (CST)**



Why should I attend a Family Support Group?

- For any adult with a loved one who has experienced symptoms of a mental health condition.
- Find help, hope and support in a confidential setting.
- Facilitators are trained family members who have been there.
- Gain strength and understanding from others with similar experiences.

**1st & 3rd Wednesday of each
month at 7:00PM (CST)**

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



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