



## Register for an online support group.

The following two groups are being offered online, using the Zoom platform:

### **NAMI Family Support Group**

Tuesdays at 12 pm & Wednesdays at 7 pm

### **NAMI Connection Recovery Support Group**

Wednesdays at 12 pm & Wednesdays at 7 pm

Groups will continue to meet the week of **March 30, 2020**.



**NAMI Family Support Group** is a 60 minute support group for adult friends and family members of people with mental health conditions. Participants gain support from peers who understand and gain insight into others' challenges and successes.



**NAMI Connection Recovery Support Group** is a 60 minute support group for adults (18+) with a mental health condition. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes.

[Register here](#)