

## What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope for people living with a mental illness. NAMI Connection groups are:

- Free and confidential
- Held 1<sup>st</sup> and 3<sup>rd</sup> Thursday's for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NAMI Thurston-Mason, the local organization of the National Alliance on Mental Illness, will begin offering **NAMI Connection Recovery Support Group Programs in the "Evenings" beginning Thursday, April 7, 2016**. All evening groups will meet at the NAMI TM office (4305 Lacey Blvd, Lacey WA 98503).

\*1<sup>st</sup> Thursday of each month (6:30pm-8:00pm) Connection Bipolar/Depression group

\*3<sup>rd</sup> Thursday of each month (6:30pm-8:00pm) Connection Recovery Support Group



## Participant Perspectives

"NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!"

"I believe NAMI Connection means hope."

"NAMI Connection is the promise of what is and what can be in our lives."

**Contact us to find out more about NAMI Connection Recovery Support Groups!**

## About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Thurston-Mason is an affiliate of NAMI WA. NAMI Thurston-Mason has dedicated volunteer members and leaders working tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.