



# NAMI Connection

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

NAMI Connection is a **FREE** Peer Support Group for adults 18 and over with Mental Health diagnoses or concerns. We are a closed group. This means that only those with a diagnosis or concern can attend. This provides safety within the group. Connection is led by individuals who are specially trained and who are in recovery

Starting Friday 3 April and every Friday  
2:00PM to 3:30PM  
Unfamiliar with how Zoom works?  
Join us for a Zoom practice session @ 1:00pm



**Follow the Links Below to Join!**

Starting Tuesday 7 April and every Tuesday  
6:00PM to 7:30PM  
Unfamiliar with how Zoom works?  
Join us for a Zoom practice session @ 5:00pm

<https://zoom.us/meeting/register/upApdOqupjgyDRocqnd0n5WllhPWUli1Bg>

<https://zoom.us/meeting/register/tJltdu-rzMjTnfAZjOf5v0QKbEwWbGhkg>

Participation is limited to 15 individuals on a first come first served basis.

**Pre-registration is required to attend.**  
**Support groups meets online via ZOOM**

Participant Perspectives:

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

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



[www.namipierce.org](http://www.namipierce.org)  
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253.677.6629



# NAMI

National Alliance on Mental Illness

# Pierce County