

## **ANNOUNCING! NAMI CONNECTION!!**

**A peer support group for adults living with mental health issues**

### **IN NAMI CONNECTION YOU WILL FIND**

- ⇒ **A free peer-led recovery support group for adults with mental health issues**
- ⇒ **Sharing of experiences in a safe, confidential environment**
- ⇒ **Strength in sharing each other's experiences**
- ⇒ **Offering each other coping strategies, encouragement and understanding.**
- ⇒ **Learning to aim for and develop better coping skills**
- ⇒ **A sense of community in an empathetic, understanding setting**

**WHERE: Care Plus, 610 Valley Health Plaza, Paramus, NJ 07652  
In the Community Room**

**WHEN: Monthly on the 4th Thursday, 7 PM to 9 PM**

**Please call Lara at 201-646-0333 to let us know if you plan to attend.**

**\* \* \* NAMI Peer Facilitators: Sarah and Sophia \* \* \***

**Our facilitators have received the NAMI National training model  
as presented through NAMI New Jersey.**

**NAMI CONNECTION is a free program sponsored by NAMI Bergen County**