

What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential
- Held monthly for 90 minutes
- For adults ages 18+
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NAMI Essex/Passaic will offer its NAMI Connection Recovery Support Group Program online beginning Tuesday, January 26, 2021.

It will be held on the 4th Tuesday of the month at 6:30pm-8:00pm on Zoom.



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!

Register here:

<https://forms.gle/vNQGLQEaKapd2An77>

For more information, contact:

NAMI Essex/Passaic

862-297-0835

NAMINJEssexPassaic@gmail.com

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 Essex/Passaic is an affiliate of NAMI New Jersey. NAMI Essex/Passaic and dedicated volunteer members and leaders work 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.