



**nami** Connection

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

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness.

## What is the LGBTQ+ NAMI Connection Recovery Support Group?

NAMI Connection is a peer-led recovery support group for individuals (18+) in the LGBTQ+ community who have a mental health condition. Attendees will:

- Empathize and learn from others' experiences
- Share beneficial coping strategies
- Participate in productive discussion
- Gain a sense of community
- Offer encouragement and understanding to others

## When will the LGBTQ+ NAMI Support Group meet?

Beginning **February 28, 2021**, LGBTQ+ Support Group meetings will occur the **last Sunday of each month** from **4:00 - 5:30 pm EST**. All meetings will be 90 minutes and are entirely confidential.

## What you need to do to get started

To register for a meeting, scan the QR code or [click here](#)



Contact [jyudof@naminj.org](mailto:jyudof@naminj.org) for more information.

Bring a friend if you believe our recovery support group could be a good fit.

