



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 health symptoms.

What is the LGBTQ+ NAMI Connection Recovery Support Group?

This NAMI Connection is a peer-led recovery support group for individuals (18+) in the LGBTQ+ community who are looking for a safe and inclusive space to discuss mental health and various LGBTQ+ related topics.

Attendees will:

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

When will the LGBTQ+ NAMI Support Group meet?

LGBTQ+ Support Group meetings will occur the **last Sunday of each month** from **7:00 PM – 8:30 PM Eastern Time**. All meetings will be 90 minutes and are entirely confidential.

What you need to get started

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



Contact jyudof@naminj.org for more information.

Bring a friend or anyone whom you believe will benefit, all are welcome!