

## 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
- Designed to connect, encourage and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NAMI Metro, Oakland, Wayne, Macomb, the local organization of the National Alliance on Mental Illness, will offer its NAMI Connection Recovery Support Group Program on the **2<sup>nd</sup> & 4<sup>th</sup> Tuesday of every month at 7:00 p.m.** in the **Henry Ford Macomb Hospital Medical Pavilion** 16151 19 Mile Road, **Clinton Township** (4th floor conference rooms 4 & 5).



### 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!

For more information Contact:

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### 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 Metro is an affiliate of NAMI Michigan. NAMI Metro 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.