

What is NAMI ?

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.

NAMI Connection Support Group is a free, peer-led support group for adults living with mental illness. It is led by NAMI trained peer facilitators who will help guide the group in gaining insight from others living with mental illness. By sharing in a stigma free & confidential setting, attendees will grow in hope and build confidence in recovery.

6:30 PM Monthly Every 2nd & 4th Wednesday

NAMI Connection Recovery Support Group will help you:

- See the individual first, not the illness
- Recognize that mental illnesses are medical illnesses that may have environmental triggers
- Aim for better coping skills
- Find strength in sharing experiences
- Reject stigma and not tolerate discrimination
- Not judge anyone's pain
- Forgive ourselves and reject guilt
- Embrace humor as healthy
- Accept that we cannot solve every problem
- Work for a better future in a realistic way

**Partnership Carson City
Frontier Plaza 1925 North Carson Street**

For Information Contact Linda 775-440-1626