

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 bi-weekly for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NAMI Austin, the local organization of the National Alliance on Mental Illness, will offer its NAMI Connection Recovery Support Group Program at different locations around Austin. Check the website for details. www.namiaustin.org/support/nami-connection/
Contact: NAMI Austin, 512-420-9810 info@namiaustin.org



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!



STARTING JULY 2015

Join us at

Austin Travis County Integral Care

Small Training Room (Room #104)
1700 South Lamar Blvd.
Austin, TX 78704

on the **2nd and 4th Wednesdays of the month**
from **6:30-8:00 p.m.**

NAMI Austin

info@namiaustin.org 512.420.9810

For individuals with mental illness 18 and older.



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 Austin is an affiliate of NAMI Texas. NAMI Austin 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.