

NAMI MONTGOMERY COUNTY PA
**WINTER SUPPORT GROUP
SCHEDULE**

**FAMILY
SUPPORT
GROUPS**

**1ST MON. 7 PM,
IN PERSON**

1/09, 2/06, 3/06

**1ST TUES. 7 PM IN
PERSON**

1/03, 2/07, 3/07

**2ND & 4TH MON. AT
7 PM VIRTUAL**

1/09, 1/23, 2/13, 2/27, 3/13, 3/27

**1ST & 3RD WED. AT
9:30 AM VIRTUAL**

1/04, 1/18, 2/01, 2/15, 3/01, 3/15

**2ND THURSDAY AT
7:30 PM VIRTUAL**

1/12, 2/09, 3/09

**CONNECTION
RECOVERY
SUPPORT
GROUPS**

**1ST MONDAY 6:15
PM IN PERSON**

1/02, 2/06, 3/06

**2ND, 4TH, 5TH
SAT. 10 AM
VIRTUAL**

*55+ yrs old, but
all are welcome*

*1/14, 1/28, 2/11, 2/25,
3/11, 3/25*

**1ST & 3RD SAT. 10 AM
VIRTUAL**

1/07, 1/21, 2/04, 2/18, 3/04, 3/18

**2ND & 4TH TUES. 7 PM
VIRTUAL**

*18-35 yrs old, but all
are welcome*

1/10, 1/24, 2/14, 2/28, 3/14, 3/28

**LGBTQ+ GROUP, 4TH
FRIDAY, 6:30 PM,
VIRTUAL**

1/27, 2/24, 3/24

All groups are confidential & no cost to attend. Face mask required for in person groups. Registration required at:
<https://namimontcopa.org/support-group-registration/>