

Announcing a new NAMI Connection Peer Support Group!

When: Third Saturday of each month, 10am-11:30am
Location: PSA Epicenter, 1415 N. 1st St. Phoenix, AZ 85004

Join us for coffee & donuts on Saturday, April 20th, 2019

What is NAMI Connection?

NAMI Connection is a recovery support group program open to any adult (18+) with a mental health condition. It offers respect, understanding, encouragement and hope in a relaxed setting. Participants are welcome to attend on a walk-in basis, and no formal diagnosis is required.

- Free and confidential
- Held for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators also living with a mental health condition



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 for more information about this new location or other support group opportunities

Email: education@namivalleyofthesun.org

Phone: 602-244-8166

Website: www.namivalleyofthesun.org



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