



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 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 Urban Los Angeles, the local organization of the National Alliance on Mental Illness supporting the **Antelope Valley**, offers the **NAMI Connection Recovery Support Group** every **2nd and 4th Monday** of the month from **7:00-8:30PM PST** via **Zoom**. You can register on our website at: namiurbanla.org/nami-connection-support-group.

Contact us to register today!



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."



NAMI Urban Los Angeles

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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 Urban Los Angeles is an affiliate of NAMI California. NAMI Urban Los Angeles 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.