

Are you concerned about your mental health?

Do you feel alone and hopeless?

Are you wondering how to cope?



Reconnect, rebuild, find support and hope
with a NAMI Connection Recovery Support Group.

Thursdays, 6–7:30 pm

**Easthampton
Congregational Church
112 Main Street
Easthampton, MA 01027
413-923-8481**

**Contact Ellen
ellengroupinfo@gmail.com**

NAMI Connection Recovery Support Group is a free, peer-led support group for adults who are concerned about their mental health.

NAMI Connection Groups allow you to talk about your experiences in a safe and confidential setting. The support group will help you:

- Find hope and develop relationships
- Find better coping skills
- Help others while helping yourself
- Find strength in sharing experiences