

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