

- ✓ Are you concerned about your mental health?
- ✓ Do you feel isolated and alone?
- ✓ Are you ready to talk?

Make the Connection

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

NAMI Connection Recovery Support Groups are free, peer-led support groups for adults living with mental health issues. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships.

The group encourages empathy, productive discussion and a sense of community. **NAMI Connection Recovery Support Group** will help you:

- Recognize that mental illnesses are medical illnesses that may have environmental triggers
- Aim for better coping skills
- Find strength in sharing experiences
- Forgive yourself and reject guilt
- Embrace humor as healthy
- Work for a better future in a realistic way

"NAMI Connection has enabled me to take a good look at my illness and see that I am not alone. The program has given me additional tools to not only accept my illness, but to help others along the way."

"... People can solve problems at a NAMI Connection Recovery Support Group. It isn't just a bunch of sad stories; people are coming up with solutions and stuff to do for the next week. One of our group attendees is taking her meds and getting herself to her counselor and is just about able to go back to her career in great part due to Connection."

 **NAMI** Cambridge Middlesex
National Alliance on Mental Illness

Connection Recovery Support groups

Every Monday 7:00 -8:30pm

Immaculate Conception, 489 Broadway, Everett, MA

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