

# YOU ARE NOT ALONE

Join a NAMI Connection Support group Today!  
(DUAL DIAGNOSIS)

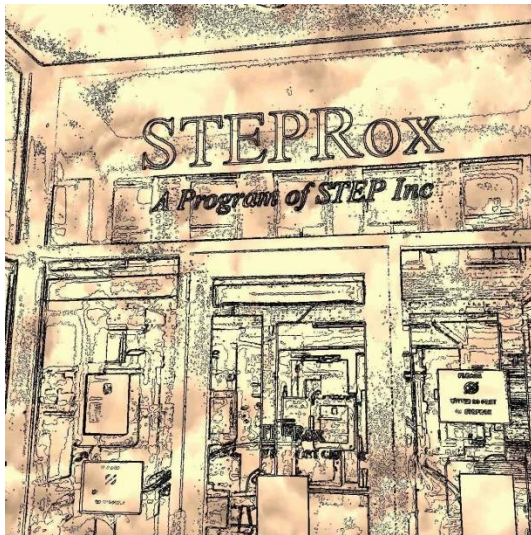


## NAMI Connection Recovery Support Groups are:

- a confidential support group for people like you who are concerned about their **mental health and substance use**
- a safe place for you to express yourself **without judgement**
- inclusive - **anyone welcome**, regardless of diagnosis.

## NAMI Connection support groups:

- Provide a sense of **community and hope** throughout your recovery and beyond.
- **Encourage, support and empower** you
- Provide **confidential** support free of charge.
- Provide a support from **trained facilitators** living in recovery themselves



DISCOVER. YOURSELF



**Group starts March 15th  
Wednesdays 2:00–3:00  
9 Palmer Street, Roxbury**

**How do I get involved?  
Call Stella**

**(617) 442-7837  
sstewart@northsuffolk.org**