

# NAMI Augusta

## Virtual Support Groups



NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition.

**Meets: 2nd Mondays Monthly**–7:00 p.m.

Register Here: <https://bit.ly/3d6mj1h>



Family Support Group is a free support group for family members, caregivers, loved ones of someone living with the everyday challenges of a mental illness.

**Meets: 3rd Mondays Monthly**–6:00 p.m.

Register Here: <https://bit.ly/2yz19tF>

Keep up with us by visiting our [Website](#) and by following us on [Facebook](#) for the latest updates and helpful resources.

Contact Us by e-mail @ [augustanami@gmail.com](mailto:augustanami@gmail.com) for more information.

