

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://zoom.us/meeting/register/tJUlduGgpz8oGdZc8WFLyKZHkrHwbHKbZfpo>



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://zoom.us/meeting/register/tJYldOuozwsGdMKrjqJlIyxK9MNsQdWXeS>

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 for more information.

