



National Alliance on Mental Illness

Connection



Discover support and a sense of belonging in a confidential setting

Offered by NAMI Affiliates in communities across the country, **NAMI Connection Recovery Support Group** is a **free, peer-led support group** for any adult who has experienced symptoms of a mental health condition.

In NAMI Connection, adults living with mental health conditions join a **supportive group of people who share similar experiences while in a safe and confidential setting**. These groups are led by trained leaders living with a mental health condition who've been there and now successfully manage their own recovery.

People whose lives are affected by mental health conditions face many unique challenges such as **social stereotypes and misunderstanding, complex family dynamics, and changing medical developments**. Through NAMI Connection, individuals will **develop better coping skills, embrace humor as healthy, and find strength in sharing experiences** – in a non-judgmental and accepting space.



"NAMI Connection is the promise of what is and what can be in our lives."

– NAMI Connection Group Participant

ABOUT NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.



NAMI Augusta in Thomson
Connection Recovery Support Group
Hybrid Meeting: In-Person and Call In
Monday's 10:00-11:30am
Springfield Baptist Church (JH West Building)
523 Martin Luther King, Jr., Thomson, GA
To Call In: Precious 706-595-6252/Yolanda 762-245-9597

