

## What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a peer-led recovery support group program that offers respect, understanding, encouragement, and hope. NAMI Connection groups are:

- Free and confidential
- Held weekly for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NAMI Keystone Pennsylvania, the official state NAMI organization in Pennsylvania, will offer its NAMI Connection Recovery Support Group Program beginning **Monday, Sept. 11**. The group will meet the **second and fourth Monday of every month from 6-7:30 p.m.** at the **Dormont Library, 2950 West Liberty Avenue, Pittsburgh, PA 15216**.



### Participant Perspectives

“NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!”

“I believe NAMI Connection means hope.”

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

Contact us to find out more about NAMI Connection Recovery Support Groups!



# Keystone Pennsylvania

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### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Keystone Pennsylvania and dedicated volunteers, members, and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.