



NAMI Connection
National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

NAMI Connection Support Group is a free peer-led support group for adults living with mental illness. Participants gain insight from the group wisdom of sharing their experiences in recovery. The group is led by NAMI-trained facilitators who are living with a mental illness.

By sharing your experience in a safe and confidential setting, you gain hope and develop friendships. The group encourages empathy, productive discussion and an atmosphere of acceptance.

NAMI Connection Support Group will help you:

- See the individual first, not the illness
- Recognize that mental illnesses are medical illnesses that may have environmental triggers
- Understand that mental illnesses are traumatic events
- Aim for better coping skills
- Find strength in sharing experiences
- Reject stigma and not tolerate discrimination
- Not judge anyone's pain
- Forgive ourselves and reject guilt



Meets Every Monday From 5:30-7pm

First Presbyterian Church

1559 Sewell Ave, Elko, NV

For Information Call/Text:

(775) 388-8432 or nlsdpt@gmail.com



National Alliance on Mental Illness

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