

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

NAMI Connection is a 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 Connection Recovery Support Group  
Every Third Wednesday, 6:30 to 8:00  
Healthy Connections; 35 E. 10<sup>th</sup> St. Suite. B2*



### 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!**



# San Joaquin County

**Contact Info:** Wendy Knowles  
(209) 531-6445

**NAMI Office:** (209) 468-3755

Every Third Wednesday from 6:30 to 8:00

**Location: Healthy Connections**  
**35 E. 10<sup>th</sup> St., Suite. B2**  
**Tracy, Ca. 95376**

### 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 San Joaquin is an affiliate of NAMI California. NAMI San Joaquin and dedicated volunteer 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.