

## 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 San Joaquin County will offer its  
*NAMI Connection Recovery Support Group Program* beginning **Monday, March 19, 2018**.  
It will be held the **First & Third Monday of EACH MONTH, 6:00pm – 7:30pm**  
at Doctors Hospital of Manteca (Conference Room) – 1205 E. North Street, Manteca



### 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!**



**NAMI San Joaquin County**  
National Alliance on Mental Illness

**Contact Info:** Michael Fields: (209) 451 - 3977  
Or the NAMI Office: (209) 468 - 3755

**Starting:** March 19, 2018, Every 1<sup>st</sup> & 3<sup>rd</sup> Monday  
of EACH Month from 6:00pm -7:30pm

**Location:** Doctors Hospital of Manteca  
Conference Room  
1205 E. North Street  
Manteca, CA. 95336

### 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 County 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.