



National Alliance on Mental Illness

Pensacola

**Are you concerned
about your mental
health?**

**Do you feel alone
and hopeless?**

**Are you wondering
how to cope?**

**Reconnect, rebuild,
find support and
hope with NAMI
Connection**

NAMI Connection Recovery Support Group

**After a brief hiatus, the group
will resume Tuesday, August 15,
2017 and will meet thereafter on
the first and third Tuesdays of
the month at 6-7:30 pm**

**Lakeview Center, Building I,
1995 N H Street (between
Hernandez & Lakeview)**

**Call 850 972-9108 for more
information**



NAMI Connection Recovery Support group is a free, peer-led support group for adults who are concerned about their mental health. You will gain insight from hearing the challenges and successes of others.

Groups are led by NAMI trained facilitators who've been there. NAMI Connection groups allow you to talk about your experiences in a safe and confidential setting. The groups encourage empathy, productive discussion and a sense of community.

NAMI Connection Recovery Support Group will help you:

- Find hope and develop relationships
- Find better coping skills
- Help others while helping yourself
- Find strength in sharing experiences
- Work for a better future in a realistic way



A service of NAMI Pensacola: NAMI Pensacola.com, 850 208-1609,
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