

What is a NAMI Connection Recovery Support Group?

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

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

NAMI Metro, the local organization of the National Alliance on Mental Illness, will offer its NAMI Connection Recovery Support Group on the **1st and 3rd Thursday of every month at 7:00 p.m.** at Beaumont Botsford Hospital in Farmington Hills (Zieger Education Center Classroom A/B)



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!



Metro
Oakland, Wayne and Macomb Counties

For more information contact
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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 Metro is an affiliate of NAMI Michigan. NAMI Metro 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.