

## 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 is offering its NAMI Connection Recovery Support Group:***

- **1st and 3rd Tuesday of Every Month**
- **7:00 pm**
- **St. John Providence Hospital Medical Building, 8th Floor, Room 8c - 22250  
Providence Drive, Southfield, MI**



### 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 call or email:

**Sue, Facilitator**  
**(586) 291-1579**  
**suesf@namimetro.org**

### 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.