

## 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 Recovery Support 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 Mt San Jacinto, will offer its NAMI Connection Recovery Support Group Program.**

**Groups will be Thursdays from 11:00 am – 12:30 pm**

**Hemet Behavioral Health Clinic 650 N. State St Hemet CA 92543 -In the NAMI Room**



### 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!



# Mt San Jacinto

**NAMI Mt San Jacinto**

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[www.namimtsanjacinto.org](http://www.namimtsanjacinto.org) 6/23

### 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 Mt San Jacinto is an affiliate of NAMI CA.

NAMI Mt San Jacinto 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.