



## ***A Recovery Support Group***

*Talk to someone who understands . . . someone like you*

NAMI Connection is a free, 90-minute support group run by people who live with mental illness for other people who live with mental illness. The group is led by NAMI-trained peer facilitators. They understand the daily challenges of living with a mental illness and can offer encouragement and support.

The program uses principles of support designed to empower its members. It focuses on allowing all participants to share their experiences and learn from each other in a safe and confidential environment.

Too often, mental illness is an isolating experience, accompanied by profound anxiety. For those diagnosed with a mental illness, talking with someone and sharing coping strategies and insights, as well as problems and concerns, can be an important link in the path to recovery.

- Open to all adults with mental illness, regardless of diagnosis.
- Meets weekly for 90 minutes
- Free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies
- All groups are confidential - participants can share as much or as little personal information as they wish.

**There is no need to register.** Participants should feel welcome to drop by and share feelings, difficulties, or successes. Everyone is a valued participant.

### **DAVIS**

Thursdays, Noon – 1:30 PM

**Cesar Chavez Plaza - Community Room**

1220 Olive Drive, Davis, CA 95616

### **WOODLAND**

Fridays, 10:00 to 11:30 AM

**Alcohol, Drug, and Mental Health Department - Bauer Bldg., Williams Room**

137 N. Cottonwood St., Woodland, CA 95695

### **WEST SACRAMENTO**

Tuesdays, 12:30 – 2:00 PM

**Yolo County West Sacramento Wellness Center**

500-B Jefferson Boulevard, West Sacramento, CA 95605