



**NEW IN
NORFOLK!
Beginning
Sept. 8th**

In Person Connections Support Group

**Wesley Grace United Methodist Church Fellowship Hall
288 E Little Creek Rd, Norfolk**

NAMI Connection Recovery Support Groups are **free, confidential, and safe** 90-minute weekly support groups open to anyone 18 and older living with a mental health diagnosis or struggle. Groups follow a flexible structure without an educational format. **Individuals join a caring group of peers that offer support through their learned wisdom and participants can share as much or as little personal information as they wish.** You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

Scan here for more information and our full support group schedule, including virtual options!



 **NAMI** Coastal Virginia
National Alliance on Mental Illness
namicoastalvirginia.org • (757) 499-2041