

Are you living with a **Mental Illness?**

Would you like to meet others who share similar experiences?

Consider attending:

FREE!



NAMI High Country Colorado



Every 2nd and 4th Tuesday 7:00 pm to 8:30 pm
Medical Office Building, 360 Peak One Dr, Frisco
Miners Creek Room (2nd floor)

NAMI Connections Recovery Support Group is a *free*, peer-led support group for adults living with mental illness.

The group encourages empathy, productive discussion and a sense of community.

By sharing your experiences and listening to others in a safe and confidential setting, you will gain hope and develop relationships that will aid in your recovery.

The group is led by NAMI-trained facilitators and follows a structured model to ensure everyone has an opportunity to be heard in order to get the support they need.

For More Information, Please contact:

Ravi: (609) 558-3909 or Sheila: (303) 917-9131



www.nami.org

The information and support provided through NAMI is a supplement to, and NOT a substitute for, the knowledge, skill, and judgment of qualified psychiatrists, psychologists, physicians and health care professionals. Should you have any health, medical or disability questions or concerns, please consult a physician or other health care professional. NAMI Connections is not a therapy group and functions as a self-help, confidential support group driven by attendees.