

Are you living with a **Mental Health Condition?**

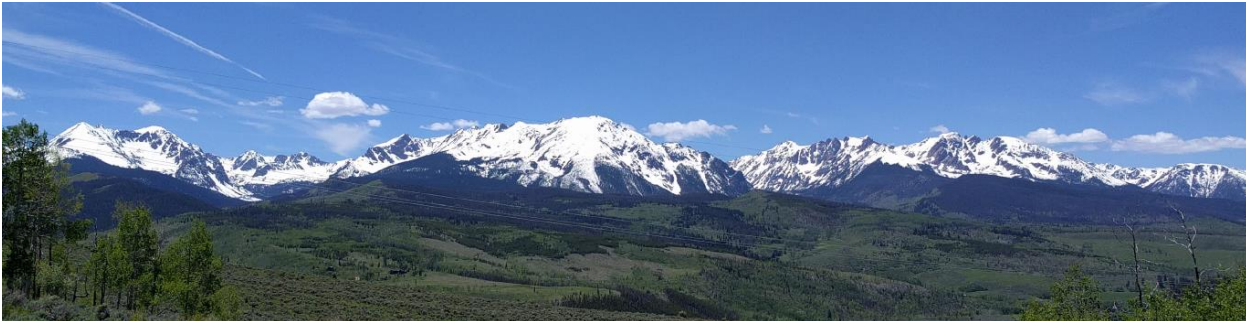
Would you like to meet others who share similar experiences?

Consider attending:

FREE!



NAMI High Country Colorado



Every 2nd and 4th Tuesday 5:00 pm to 6:30 pm via Zoom

Zoom Link: <https://us02web.zoom.us/j/86869518928?pwd=VmplcFZmTmtxcng0UHN5OTZlZ0M1QT09>

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:

Doreen: lion.tamer.009@gmail.com



namihighcountryco.org

970-718-2828

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.