



National Alliance on Mental Illness

# NAMI Laredo

## *NAMI Connection Recovery Support Group*

NAMI Connection Recovery Support Groups are free, confidential, and peer-led support groups for adults living with mental illness. Connection groups are a circle of caring individuals who help one another by sharing their lived experiences and learned wisdom. You will gain insight and a renewed sense of hope.

Connection groups encourage empathy, productive discussion, and a sense of community. Every group is led by NAMI-trained facilitators who live with mental illness, just like you.

NAMI Laredo will offer its Connection Recovery Support Group beginning Thursday, February 8th, 2018. Groups will be held on the 2nd & 4th Thursday of each month from 6:00-7:30pm at San Martín de Porres Catholic Church.

**Date:** 2nd & 4th Thursday of each month  
**Time:** 6:00-7:30pm  
**Place:** San Martín de Porres Catholic Church  
1704 Sandman Street, Laredo, TX 78041

### *Participant Perspectives:*

"The real gift of NAMI Connection, the real heart, is connecting with other people in an accepting environment..."

"NAMI Connection has enabled me to take a good look at my illness and see that I am not alone. The program has given me additional tools to not only accept my illness, but to help others along the way."

Contact us to find out more about NAMI Connection Recovery Support Groups:

NAMI Laredo  
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