

What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential
- Held weekly for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NAMI Berks County PA, the local organization of the National Alliance on Mental Illness, will offer its NAMI Connection Recovery Support Group Program for the community beginning **Thursday, March 16, 2017**. It will be held weekly on **Thursdays** from **6:30 to 8:00 PM**. NAMI's office is located at the non-denominational **Calvary UCC, 640 Centre Avenue, Reading, PA 19601**. Well-lit church parking lot is located off Oley Street. Use double glass doors near the NAMI signage.



Participant Perspectives

“NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!”

“I believe NAMI Connection means hope.”

“NAMI Connection is the promise of what is and what can be in our lives.”

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



Berks County, PA

NAMI Berks County PA
640 Centre Avenue
Reading, PA 19601
610-685-3000
John.p.connection@gmail.com
www.namiberkspa.org

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Berks County is an affiliate of NAMI National. NAMI Berks County and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.