

## **National Alliance on Mental Illness (NAMI) Prince George's County Support Groups**

### **NAMI Connection Recovery Support Groups\***

#### **NAMI Connection Recovery Support Group**

**For:** Individuals 18+ living with a mental health condition

**When:** Every Thursday @ 6PM-7:30PM, via Zoom

**To Register:** <https://us02web.zoom.us/meeting/register/tZErdOytqDoqE9P61s5GU5Ea5e7dRNuYKkfr>

#### **NAMI Connection Recovery Support Group\***

**For:** Individuals ages 18+ living with a mental health condition

**When:** Every 2nd Saturday @ 10:30AM-Noon, via Zoom

**To Register:** <https://us02web.zoom.us/meeting/register/tZcoceyuqj8vHdK8xTFVXA0IY7ep1yPosTOa>

### **NAMI Family Support Groups#**

#### **NAMI (TAY) Family Support Group**

**For:** Parents and caregivers of 16-26 year old who has a mental health condition

**When:** Every 2nd Thursday @ 7:00PM-8:30PM, via Zoom

**To Register:** <https://us02web.zoom.us/meeting/register/tZArfuipqD0rE9XNIH1h9CenJ22AYbgnfzcf>

#### **NAMI Parent Support Group**

**For:** For parents and caregivers of loved ones of no specific age group

**When:** Every 3rd Saturday @ 9:30AM-11:00AM, via Zoom

**To Register:** <https://us02web.zoom.us/meeting/register/tZArf-yrqz0vGtwNd4Fdvfuj3mMsvbH3GZ1b>

#### **NAMI Family Support Group**

**For:** For parents and caregivers of loved ones of no specific age group

**When:** Every 1st Saturday @ 9:00AM-10:30AM, via Zoom

**To Register:** <https://us02web.zoom.us/meeting/register/tZMod-itrDktE9lnAAwelC4ij2DmPjiAyM9W>

### **Testimonials on the Benefits of Support Groups and Self-Care**

**NAMI Mental Health Support Groups: A Safe Space:** <https://www.youtube.com/watch?v=Xi6QFK3N7tQ&t=76s>

#### **NAMI Caregiver to Caregiver: Mental Health Tips:**

[https://www.youtube.com/watch?v=7\\_bBwoBpoS0&t=5s](https://www.youtube.com/watch?v=7_bBwoBpoS0&t=5s)

\***NAMI Connection** is a recovery support group program for adults living with mental illness. The groups will provide respect, understanding, encouragement and hope. This relaxed approach can support individuals in sharing challenges and successes of coping with a mental health condition.

#**NAMI Family Support Group** is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

For more information, contact NAMI Prince George's County at (240) 467-5948 or by email at: [nami.pgcmd1@gmail.com](mailto:nami.pgcmd1@gmail.com).  
Website: <https://namipgc.org/>.

Stay connected & follow NAMI Prince George's County on Social Media at: **Facebook | Instagram | X Twitter**  
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