

SERVING BALTIMORE'S
MENTAL HEALTH SINCE 1983



 **nami** **CONNECTION
SUPPORT GROUP**
National Alliance on Mental Illness

WE'RE HERE **TO LISTEN**

What is NAMI Connection Recovery Support Group?

A free support group for any veteran looking for mental health support, led by people who have been in your shoes. By hearing the challenges and successes of others, you can gain insight, and know you're not alone. We understand veteran experiences are unique, and are committed to creating a safe space where they can be heard and met with empathy and understanding.

This group is...

- Free of cost to participants
- Confidential
- Peer-led, veterans only
- For adults 18+

1st & 3rd Sundays

FEB 16 - APR 20

TOWSON LIBRARY

8000 YORK RD.,
TOWSON, MD 21204

3:00 - 4:30 pm

**SCAN TO
RSVP** 



OR VISIT [NAMIBALTIMORE.ORG/
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