



Local mental illness recovery support group actively accepting new participants

NAMI Connection Recovery Support Group is a **free**, peer support group for adults living with mental illness run and led by NAMI-trained facilitators. You will gain insight from hearing the challenges and successes of others in a **confidential** setting.

By sharing your experiences, you gain hope and develop relationships with a group dedicated to productive discussion. The group encourages empathy and fosters a sense of community.

NAMI Connections will meet weekly on Tuesday evenings in Bryn Mawr beginning in mid-September. For more information on the location and time of our meetings, please contact:

Hannah Cooper (215) 806-6178

Danielle Sulpizio (484) 880-0660

For immediate help M-F 10am-6pm ET, please call the NAMI Helpline at **(800) 950-NAMI**

Reach the 24 hour Crisis Text Line by texting **NAMI** to **741741**

