



## 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 on September 10, 2019. For more information on the location and time of our meetings, please contact:

**Danielle Sulpizio** (484) 880-0660

**Ed Kane** (484) 744-0860

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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**

