



## 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. This group will have in-person meetings on the 1st and 3rd Tuesdays and Zoom meetings on the 2nd and 4th Tuesdays of every month.

For more information, please contact  
Danielle Sulpizio at [danielle@livelikebishop.com](mailto:danielle@livelikebishop.com) or Ed Kane at (484) 744-0860.

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NAMI HelpLine is available M-F, 10 a.m. – 10 p.m. ET.  
Call 800-950-6264 or text “helpline” to 62640.

In a crisis, call or text 988 (24/7).

