

## **NAMI Connection Recovery Support Group**

**NAMI Tri-Cities Connection Recovery Support Group is online!**

**This group is for individuals 18 and over who are living with a mental health condition. It is offered on the first and third Wednesdays of the month at 6:30 pm.**

Click here to Register for the Dec 16th meeting:

<https://zoom.us/meeting/register/tJcuf--tqD8pGtXDG2x-dCNqputhdVWq3p2u>

After registering, you will receive a confirmation email containing information about joining the meeting.

Link to information about NAMI Connection Groups:

<https://www.nami.org/Support-Education/Support-Groups/NAMI-Connection>

**Meetings are led by trained members who have firsthand experience and understand what you're going through. People can join from anywhere and either listen, share, or both.**

### **What to Expect**

- Video is optional but can be used
- Real names do not have to be used and are not required
- Audio can be muted and you are not required to share
- Please be respectful of all participants just as you would
- in any other meeting—we're all in this together
- Meetings are never recorded and participants are asked not to
- take screenshots during the meeting.