

NAMI CONNECTION PEER RECOVERY SUPPORT GROUP

NAMI CONNECTION RECOVERY SUPPORT GROUP is a support group for those living with mental illness, any diagnosis. "Recovery on your own time, at your own pace" led by facilitators with mental illness who understand the challenges faced in recovery. The support group is led by trained facilitators who are members of **NAMI Lansing**.

NAMI support groups provide a structured group experience which is of practical, immediate relevance to the needs of individuals in recovery. Talking to someone who understands who may have had similar experiences; who is just like you—is often a relief to those coping with a mental illness.

The support group facilitators are not professionals; the support group is not a treatment program. This is a structured self-help group based on discussion and acceptance. **NAMI Lansing** is not liable for any suggestions given.

Cancelation Policy: NAMI Connection will not meet if Lansing School District is closed.

It shall be the policy of NAMI Lansing to provide equal membership/employment/service opportunities to all eligible persons without regard to race, religion, color, national origin, citizenship, age, sex, marital status, parental status, handicap, membership in any labor organization, political affiliation, and, for employment only, height, weight, and record of arrest without conviction.

TIME: Every Thursday from 7- 8:30 PM

LOCATION: Sparrow Behavioral Health – First Floor – Follow signs
Sparrow St. Lawrence Campus at 1210 W. Saginaw in Lansing

CALL: 517-484-3404 OR www.namilansing.org – Support groups

