

## What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential, led by trained facilitators living in recovery themselves.
- Held weekly for 90 minutes, a place to find Respect, Understanding and Hope!
- NAMI does not recommend or endorse any particular medications or medical treatments.
- Designed to connect, encourage, and support participants using a structured support group model.

**NAMI Mt San Jacinto is offering the NAMI Connection Recovery Support Group Program twice weekly.**

**Mondays: Hemet Mental Health Clinic**  
**650 N. State St Hemet, CA 92544**

**4:00 pm – 5:30 pm**

**Thursdays: Spirit of Joy Church**  
**3126 W. Johnston Ave Hemet, CA 92544**

**12:30 pm- 2:00 pm**

### Participant Perspectives

“NAMI Connection is the promise of what is and what can be in our lives.”

“NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!”

“I believe NAMI Connection means hope.”

Contact us to find out more about NAMI Connection Recovery Support



National Alliance on Mental Illness

PO Box 716

San Jacinto, CA 92583

951-765-1850

[namihemet@gmail.com](mailto:namihemet@gmail.com)

[www.namimtsanjacinto.org](http://www.namimtsanjacinto.org)

Spanish: 951-392-5491

## Mt San Jacinto

### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Mt San Jacinto is an affiliate of NAMI California. NAMI Mt San Jacinto and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental health conditions and their loved ones.

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