



NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others living with mental illness. By sharing experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussions and a sense of community.

NAMI Connection Recovery Support Group will help you:

- Aim for better coping skills
- Find strength in sharing experiences
- Reject stigma and not tolerate discrimination
- Forgive ourselves and reject guilt
- Accept that we cannot solve every problem
- Work for a better future in a realistic way

3rd Sunday of Each Month
4:00 pm to 5:30 pm
Starting on February 19, 2017

St. Clare's Behavioral Health Center
130 Powerville Road, Denville, NJ
(Executive Dining Room)

Facilitators: (for information call)

- Rob Faulkner (781) 686-6225
- Melissa Kiritsis (201) 317-8174
- Matt Kavanagh (610) 905-5085

