



**National Alliance on Mental Illness RECOVERY SUPPORT GROUP**

Connection Support Groups: NAMI Connection is a **FREE** recovery support group for any individual who is 18 years or older and living with mental illness. These groups provide a place that offers respect, understanding, encouragement, and hope. These groups also offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group:

- + Meets weekly for 90 minutes
- + Is offered free of charge
- + Follows a flexible structure without an educational format
- + Does not recommend or endorse any medications or other medical therapies
- + All groups are confidential - participants can share as much or as little personal information as they wish

**Interested? Have questions? Call 858-634-6580 ext 109**

Language	Meeting Day and Time	Region	Location	Status
English	Thursday's 6:00pm-7:30pm	Central	Mental Health America Building 4069 30 <sup>th</sup> Street San Diego, CA 92104 2 <sup>nd</sup> floor Conference Room	Weekly

Language	Meeting Day and Time	Region	Location	Status
English	Friday's 12:00pm-1:30pm	East	East County Mental Health Clinic 1000 Broadway El Cajon, CA 92021 1 <sup>ST</sup> floor Wellness Center	Weekly

Language	Meeting Day and Time	Region	Location	Status
English	Thursday's 3:00pm-4:30pm	South	McAlister South Bay Regional Recovery Center 1180 Third Ave Chula Vista, CA 91911 Suite C3	Weekly

Language	Meeting Day and Time	Region	Location	Status
*SPANISH	Martes 2:00pm-3:30pm	South	Visions Clubhouse 226 Church Ave. Chula Vista, CA 91910	Weekly