



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

NAMI Connection is a **FREE** recovery support group for any individual who is 18 years or older and living with a mental health challenge.

- + 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

Language	Meeting Day and Time	Region	Location	Status
English	Thursday's 6:00pm-7:30pm	Central	Mental Health America Building 4069 30th Street San Diego, CA 92104 2nd 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 1ST floor Wellness Center	Weekly

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

Language	Meeting Day and Time	Region	Location	Status
English	Thursday's 5:00pm-6:30pm	North	SD North Coastal Live Well Center 1701 Mission Blvd Oceanside, CA 92054 Mission Ave Conference Room	Weekly

Language	Meeting Day and Time	Region	Location	Status
English	Wednesday's 1:00pm-2:30pm	North	Mariposa Clubhouse 1701 Mission Ave Oceanside, CA 92054 Suite 120	Weekly