



Are you living with a mental illness?

Are you overwhelmed trying to cope with the challenges of mental illness?

There is help ... there is hope!

Come to the NAMI White Mountains **CONNECTIONS (peer support group)** and talk with people who understand and share your challenges!

The group is open to adults 18 and over who are living with mental illness.

The **confidential** group is led by individuals in recovery living with mental illness.

When?

1st and 3rd Thursday of each month, 6:00 – 7:30 pm

Where?

**White Mountain United Methodist Church
261 N. 5th Street, Show Low, AZ 85901
(just south of Deuce of Clubs)**

For more information, call 928-298-1914 website: www.namiwmaz.org

The group is NOT a source of professional therapy or medication advice ... we simply talk, share, and return home knowing that we have been heard, understood and encouraged. We share our unique experiences in a safe and **confidential** setting. We encourage empathy, productive discussion and a sense of community.

For changes in times and location – check our website www.namiwmaz.org