

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
- Held weekly for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

Group Type	Dates	Hours
Healthcare Professionals	1 st & 3 rd Monday	8:00 pm to 9:30 pm
Essential Workers	2 nd & 4 th Monday	7:00 pm to 8:30 pm
College/University Students	2 nd & 4 th Monday	6:00 pm to 7:30 pm
Veteran Families (This is for families of Veterans)	2 nd & 4 th Tuesday	6:30 pm to 8:00 pm
Co-Occurring Disorders (Substance Abuse)	Every Tuesday	6:30 pm to 8:00 pm
San Antonio Clubhouse	Every Wednesday	11:00 am to 12:30 pm
Veteran's Group	Every Thursday	6:30 pm to 8:00 pm
College/University Students	1 st & 3 rd Friday	4:00 pm to 5:30 pm
General Mental Health	2 nd & 4 th Saturday	1:00 pm to 2:30 pm
Over 40 + Group	Every Saturday	6:00 pm to 7:30 pm
COMING SOON --- LGBTQA+	TBD	TBD



Participant Perspectives

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

“I believe NAMI Connection means hope.”

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

For more information or to register for a NAMI Connection Recovery Support Group

Please visit: www.nami-sat.org/support

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 San Antonio is an affiliate of NAMI Texas. NAMI San Antonio 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 illness and their loved ones.