NAMI Connection Support Group Updates

During these times while we are sheltering in place, it is vital to find a secure place to learn, talk or just be with others. Join us in a safe virtual environment, by phone or video chat, to stay connected with the world around you! All support groups will be conducted through WebEx conferencing software (www.webex.com). If using the video chat feature, please make sure you have set up an account prior to the start of your meeting.

NAMI Connection is a virtual, peer-led, support group for individuals living with a mental health condition. All Support groups are limited to 15 participants.

Please join us for any of our three weekly groups.

- **Tuesdays 6:00 to 7:30pm**  
  Meeting number 293 567 969  
  Password: ConnectT  
  Call in number 312-535-8110  
  Access code: 293567969
  
  [Join This Support Group]

- **Sundays, 6:00 to 7:30pm**  
  Meeting number 292 138 327  
  Password: ConnectSu  
  Call in number 312-535-8110  
  Access code: 292138327
  
  [Join This Support Group]

- **Saturdays, 12:30 to 2pm**  
  Meeting number 290 198 416  
  Password: ConnectS  
  Call in number 312-535-8110  
  Access code 290198416
  
  [Join This Support Group]

For more information on any of our virtual services, please email info@namimetsub.org or visit www.namimetsub.org