
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