



WHAT IS THE NAMI CONNECTION RECOVERY SUPPORT GROUP PROGRAM?

NAMI Connection Recovery Support Group is a program that offers respect, understanding, encouragement and hope, and invite anyone looking to address their mental health needs.

NAMI Connection Groups are:

- **FREE** and **CONFIDENTIAL**
- **90 MINUTES** every week
- Designed to **CONNECT, ENCOURAGE, AND SUPPORT** participants using a structured support group model
- Led by **TRAINED FACILITATORS LIVING IN RECOVERY** themselves.

WHEN: Every 1st/3rd Tuesday, all welcome
Every 2nd/4th Tuesday, mens mtg
Every 2nd/4th Wednesday, womens

WHERE: The Sun Club South (North Room)
731 N 1st Ave, Hailey from 5:30-7pm

We are more alike than we are different. Empower yourself and others as we face life's difficulties and reach recovery together.

We invite anyone who is managing mental health and personal adversities, that want to find solutions to everyday challenges, to take part in fully facilitated group conversations. As the group begins to form, we will explore other proven tools.

Your attendance can also involve healthy, activity-based outings that take place outside of our support group setting such as sports and movies. All suggestions for activities that lead to mental wellness will be considered.



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 – Wood River Valley is an affiliate of NAMI Idaho.

NAMI WRV 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.

NAMI – Wood River Valley
Community Campus
P.O. Box 95
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(208) 481-0686
info@namiwrv.org
www.namiwrv.org

FROM OUR PARTICIPANTS

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

“I believe NAMI Connection means hope.”

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

- *Do you need help paying for your meds?*
- *Do you need help figuring out regulating your meds?*
- *Do you feel scared, alone?*
- *Do you isolate and feel like there is nobody that can relate to you?*

~ THERE IS HELP ~

- Please call us, join us at the support group, and gain from our experience: 208-481-0686.
- Our weekly groups are facilitated by people who are there to help you navigate the system and to help you take charge of your wellbeing.
- Financial support may be available for managing your mental health needs (counseling & meds). For more information, please call St. Luke's Center for Community Health: 208-727-8733.
- Health & Welfare, has a sliding scale for income based needs, located at 117 Ash St., Bellevue: 208-788-4335 (Tuesday's only)
- All it takes is for you to be willing to take the first step and tap into our network.