

What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope to adults who have experienced symptoms of mental health conditions. 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

NAMI Tri-Valley, an affiliate of the National Alliance on Mental Illness, provides its NAMI Connection Recovery Support Group Program. It is held on Wednesdays at 7:00 pm to 8:30 pm. Currently all groups are being held on Zoom. Please see the contact information below for details.



Participant Perspectives

“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.”

Contact us to find out more about NAMI Connection Recovery Support Groups!



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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 Tri-Valley is an affiliate of NAMI California. NAMI Tri-Valley 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.