

# Connection Support Group



**Monday**  
**6:00 pm – 7:30 pm**

## **Duluth**

Peace Church  
1111 N 11<sup>th</sup> Ave. East

For registration or information,  
contact Jodi: 218-249-1221 or  
namiduluth@gmail.com.



800 Transfer Road, Suite 31  
St. Paul, MN 55114  
Phone: 1-651-645-2948  
Toll Free: 1-888-626-4435  
[www.namihelps.org](http://www.namihelps.org)

## **Description:**

NAMI Connection is a recovery support group for adults with mental illness regardless of their diagnosis. Every group is offered free of charge and meets weekly for 90 minutes. All are led by trained individuals who are also in recovery—people who understand the challenges we face.

NAMI Connection groups offer a flexible and casual environment without an educational format, and no registration or enrollment obligation is required.

Join us for the next recovery support group meeting.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.