



What is the NAMI Connection Mental Health Support Group?

NAMI Connection is a peer-led mental health support group for any adult who has experienced symptoms of a mental health condition.

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

NAMI Blue Ridge Charlottesville will offer its NAMI Connection Support Group Program beginning on **Monday, August 24**. It will be held on **Mondays from 6:30 – 8:00 PM at Jefferson-Madison Regional Library, Central Branch** in the Madison Room. A Zoom option will be available for those unable to attend in person.



Location Address: 201 E. Market Street
Charlottesville, VA 22902

Parking: Street parking free and unrestricted after 6, and the library validates tickets for 3 hours of free parking in Water Street or Market Street parking garages.

Meeting Dates: The support group will meet on most Mondays at 6:30 pm. Please join the mailing list to stay informed about changes. There will be no meeting on September 7 and October 12, as the library is closed on those days.

Contact us at NAMIBlueRidgeCharlottesville@gmail.com to be added to the support group mailing list and learn more about the program.



National Alliance on Mental Illness

Blue Ridge
Charlottesville

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 Blue Ridge Charlottesville is an affiliate of NAMI Virginia. NAMI Blue Ridge Charlottesville 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.