

2023 Apple Valley Meeting Schedule

What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a recovery support group program for adults 18+ living with a mental health condition that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential
- Held the 2nd and 4th Thursday of the month from 6 – 7:30 PM
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves



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 at (760) 217 – 4109 to find out more about NAMI Connection

Hybrid Connections Recovery Meetings are offered both in person and on Zoom. **You will need to register in advance for the Zoom meeting.** Go to our website, www.namiinlandvalley.org for the meeting link.

The in-Person Meeting Location: Ascension Lutheran Church, located at 22130 Ottawa Road, Apple Valley, CA. Meeting dates are listed below. For more information call: (760) 217 – 4109.

MEETING SCHEDULE

JANUARY 12th AND 26th
FEBRUARY 9th AND 23rd
MARCH 9th AND 23rd
APRIL 13th AND 27th
MAY 11th AND 25th
JUNE 8th AND 22nd

JULY 13th AND 27th
AUGUST 10th AND 24th
SEPTEMBER 14th AND 28th
OCTOBER 14th AND 28th
NOVEMBER 9th
DECEMBER 14th



National Alliance on Mental Illness

nami | Family Support Group

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What is the NAMI Family Support Group Program?

NAMI Family Support Groups, are free, confidential, and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family member can achieve a renewed sense of hope for their loved one living with mental health challenges.

The Family Support Group is offered online via Zoom the 2nd Thursday of the month from 6 – 7:15 PM. **You will need to register in advance.** Below is the new meeting link or the link can be found on our website, www.namiinlandvalley.org.

<https://us02web.zoom.us/join/joinMeeting/register/tZAvC-GogzkoHtUlo13DO-luWF1LYFP3B0g4>

After registering, you will receive a confirmation email containing information about joining the meeting.



Participant Perspectives

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time.”

Contact us at (760) 217 – 4109 to find out more about NAMI Family Support Groups!

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MARCH 9th
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