

WWW.NAMIYOLO.ORG/CONNECTION

LOOKING FOR MENTAL HEALTH SUPPORT?

JOIN OUR FREE WEST
SACRAMENTO SUPPORT GROUP
TO ACCESS HELP & RESOURCES

Ever 2nd & 4th Friday of the month
3p.m. - 4p.m.

at the West Sacramento Public Library

NAMI Connection Support Group is a free, peer-led support group for any adult (ages 18+) concerned with their mental health and seeking support. NAMI Connection provides resources to help people build a support network and access help. Participants will learn together how to establish and maintain wellness. A formal diagnosis is not required to attend.