



\* The National Alliance on Mental Illness (NAMI) Barrington Area is now creating a NAMI Connection Recovery Support Group specifically for the Lesbian, Gay, Bisexual, Transgender, Queer/ Questioning, + (LGBTQ+) community for the first time ever in Illinois!

LGBTQ+ NAMI Connection Recovery Support Group is a free, peer-led support group designed for any adult (18+) in the LGBTQ+ community who has a mental health condition. Members of the LGBTQ+ population face a set of challenges unique to us as a group specifically, which is why this particular NAMI Connection group demographic is being formed.

You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. All meetings are 90 minutes long and are confidential. By sharing your experiences in a safe and confidential setting, you can gain hope and feel a sense of connection. The group encourages empathy, productive discussion and a sense of community. You'll benefit from other's experiences, discover your inner strength and empower yourself by sharing your own experiences in a non-judgmental space.

**Wednesdays from 7 to 8:30 p.m.**

**Zoom Online — Must register in advance**

Register at <https://namiillinois.org/online-support-group-registration-information/>

Or for more information, contact [info@namiba.org](mailto:info@namiba.org)