

FREE Adult Mental Health Programs

NAMI CONNECTION RECOVERY SUPPORT GROUP

Join us for a free, peer-led support group for any adult who has experienced symptoms of a mental health condition.

NAMI FAMILY SUPPORT GROUP

Join us for a free, peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition.

NAMI PEER-TO-PEER CLASS

A free, 8-week course for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience.

NAMI FAMILY-TO-FAMILY CLASS

A free, 8-week course for loved ones of individuals with serious mental illness who want to better understand mental illness and learn how to cope. Taught by trained family members.

Contact us to learn more
419-522-6264 | [NAMIRc.org](https://www.NAMIRc.org)

