



**for Young Adults  
(ages 18-35)**

# **NAMI Connection**

**National Alliance on Mental Illness RECOVERY SUPPORT GROUP**

NAMI Connection Recovery Support Groups are free, peer-led support groups for any adult who has experienced symptoms of a mental health condition.

- Free of cost to participants
- Designed for young adults (18- 35 years old) with mental health conditions
  - Led by people with mental health conditions
  - No specific medical therapy or treatment is endorsed
  - Confidential

**TUESDAYS**  
**6:30-8 pm**  
**via Zoom**

Starts August 4th  
**REGISTRATION  
REQUIRED**



To register please visit our website [www.namilane.org](http://www.namilane.org)

FOR MORE INFORMATION PLEASE CONTACT NAMI LANE COUNTY  
541-343-7688    RESOURCECENTER@NAMILANE.ORG