



nami

National Alliance on Mental Illness

Southern Maryland
St. Mary's - Charles - Calvert

Connection Recovery Support Group

can help you feel better if you have a mental condition like depression, bipolar disorder, schizophrenia, OCD, PTSD, or anxiety.

Meets the 1st & 3rd Tuesdays each month, 6:30-8:00 pm

NAMI Southern Maryland Office
Jarboe Family Education Building
21161 Lexwood Dr, Lexington Park, MD

Talk to someone who understands-someone like you.

NAMI Connection Recovery Support Groups are for people 18 and older who have a mental illness, regardless of their diagnosis. These groups provide peer support in an atmosphere of respect, understanding, encouragement and hope.

Connection Recovery Support Groups are led by NAMI-trained facilitators who are also in recovery- people who understand the challenges faced by individuals who live with a mental illness.

*Meetings are held in a flexible, casual, confidential environment.
No registration or enrollment required.*

2011 – 2012 Support Group Meetings in Lexington Park

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|--------|--------|--------|--------|--------|--------|
| | Apr 5 | Jun 7 | Aug 2 | Oct 4 | Dec 6 |
| Feb 15 | Apr 19 | Jun 21 | Aug 16 | Oct 18 | Dec 20 |
| Mar 1 | May 3 | Jul 5 | Sep 6 | Nov 1 | Jan 3 |
| Mar 15 | May 17 | Jul 19 | Sep 20 | Nov 15 | Jan 17 |

For more info call NAMI Southern MD at 301-737-1988
or email namisouthernmd@gmail.com

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