

Are you living with mental health challenges?
Finally, a FREE SUPPORT GROUP just for
you.

CONNECTION – Fall/Winter 2018

An ongoing support group for adults with mental illness. Socialize with others who have experienced similar challenges. A safe place to share your experiences, your concerns and successes, and most of all be accepted for who you are.

“If you are lost and dealing with mental illness find other people who have done this before.”



Group begins

*Every Tuesday from 11:00 am to 12:30 pm
1666 N Street (Vault Works conference room)*

October 2, 2018	October 16, 2018	October 30, 2018	November 6, 2018
November 13, 2018	November 20, 2018	November 27, 2018	December 4, 2018
December 11, 2018		December 18, 2018	

For more information call 209-789-NAMI (6264) or email namimerced2@gmail.com