

# Support Groups



**Connection Support Group** is a recovery support group for people struggling with their mental health. Individuals learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.



**Family Support Group** is for family members, significant others, and friends of people with mental health concerns. Gain insight from the challenges and successes of others facing similar experiences while developing supportive relationships.

**Support groups are free and confidential for those age 18 and over.**

For more information and to sign up, call us at 641-216-3114 or email us at [namisci8@gmail.com](mailto:namisci8@gmail.com)

*NAMI South Central Iowa serves to Appanoose, Davis, Wapello, Mahaska, Marion, Monroe, Lucas, Wayne, Clarke, Decatur, and Ringgold counties.*