



NAMI CHL RESUMES NAMI CONNECTIONS

NAMI Connections Recovery Support Group is a free peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and success of others, and the groups are led by NAMI-trained facilitators who have been there.

Offered virtually due to the COVID-19 Pandemic

Will be held the 4th Thursday of each month at 4 pm

Starts: September 24, 2020

Register: <https://us02web.zoom.us/meeting/register/tZUtc-6srzwpGNVsuFZqd-Oe1kDkka6pidyS>

For more information call 910 223 5244 or email namicumberland@gmail.com

Website: www.namichl.org



**Cumberland, Harnett
and Lee Counties**