



National Alliance on Mental Illness

NAMI Topeka

NAMI CONNECTION RECOVERY SUPPORT GROUP



2PM - 3:30PM

1st & 3rd Wed's

Walk in's welcome

No registration required.



Topeka Public Library

1515 SW 10th ave

2nd Floor

Topeka, KS 66604

NAMI CONNECTION
is a **FREE** peer led support group for adults living with mental health conditions. It is led by **NAMI** trained facilitators. The group follows a structured mode to insure everyone in the group can be heard and get what they need. This group will help you gain hope and develop relationships, encourages empathy, productive discussion and sense of community.

For more information, contact Jessica@namikansas.org