



nami Connection

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

Do You Live with a Mental Health Condition?

NAMI Northeast Iowa Connection Recovery Support Group

Every Tuesday 6:30 – 8:00 pm

**Decorah Lutheran Church, Lower level
309 Winnebago St, Decorah, IA**

A NAMI Connection Recovery Support Group is a peer-led support group for any adult who is living with symptoms of a mental health condition.

- Confidential
- Led by trained facilitators who are living in recovery
- No specific medical therapy or treatment is endorsed
- Free of cost to participants

Find strength in sharing experiences in a safe and non-judgmental setting
Gain hope and develop supportive relationships as well as insight from the challenges and successes of others facing similar experiences.

Questions?

Contact

Anna Linnell Farrah Fritz Pam Moss

NAMI Connection Recovery Support Group facilitators

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