



What is the Men's NAMI Connection Recovery Support Group Program?

Men's NAMI Connection is a recovery support group program for men that offers respect, understanding, encouragement and hope. NAMI Men's Connection groups are:

- Free and confidential
- Held bi-weekly for 90 minutes
- Designed to connect, encourage, and support men participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NAMI Franklin County, the local organization of the National Alliance on Mental Illness, offers its NAMI Men's Connection Recovery Support Groups via Zoom. The Zoom Meeting ID is **666-903-2784**. The group is held **every 1st and 3rd Wednesday of each month from 6:00 p.m. – 7:30 p.m.**

Participant Perspectives



"It's made me feel less isolated because there are other men who are experiencing the same or very similar issues I am experiencing."

"I like the men's support groups because they offer a safe, non-clinical space to break through isolation, reduce stress, and build authentic connections."

"NAMI Connection has enabled me to take a good look at my illness and see that I am not alone. The program has given me additional tools to not only accept my illness, but to help others along the way."

Contact us to find out more about NAMI Connection Recovery Support Groups!



National Alliance on Mental Illness

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About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Franklin County is an affiliate of NAMI Ohio. NAMI Franklin County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.