



National Alliance on Mental Illness

Western
Riverside County



Saturdays
Aug 8, 2020
Sep 12, 2020
Oct 10, 2020
Nov 14, 2020
Dec 12, 2020

NAMI Western Riverside County Support Groups
Second Saturday of Each Month
Online via Zoom (August – December 2020)

Family Support Group
8:30 – 10:00 am
Register online:
<https://bit.ly/3hEOJkZ>

NAMI Family Support Groups are free, confidential and safe support groups of families helping families who live with mental health challenges in their lives. Families join a caring group of individuals helping one another through their learned wisdom.

Connection Recovery Support Group
10:00 – 11:30 am
Register online:
<https://bit.ly/3jIRnYM>

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

After registering, you will receive a confirmation email containing information about joining the meeting.

NAMI Western Riverside County
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