

What is the NAMI Connection Recovery Support Group Program?

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

- Free and confidential
- Held 5 times per month for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves
- 18 years and older

NAMI Berks County PA, the local organization of the National Alliance on Mental Illness, will offer its NAMI Connection Recovery Support Group Program the:

- 1ST and 3rd Monday of each month, from 6pm-7:30pm – In Person
 - 3rd Monday or each month, from 12pm-1:30pm – Zoom Only
 - 2nd and 4th Thursdays of each month, from 6pm-7:30pm – In Person
- At 640 Walnut Street-2nd Floor, Reading, PA 19601– No registration needed.**



Participant Perspectives

“NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!”

“I believe NAMI Connection means hope.”

“NAMI Connection is the promise of what is and what can be in our lives.”

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



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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 Berks County PA is an affiliate of NAMI Keystone. NAMI Berks County PA 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.