



Talk to someone who understands... someone just like you

A FREE 90-minute support group run by persons who live with mental illness for other persons who live with mental illness. The group is led by NAMI-trained peer facilitators who understand the daily challenges of living with a mental illness and can offer encouragement, education and support. It focuses on allowing all participants to share their experiences and learn from each other in a safe and confidential environment.

Too often, mental illness is an isolating experience, accompanied by profound anxiety. For those diagnosed with a mental illness, talking with someone and sharing coping strategies and insights, as well as problems and concerns, can be an important link in the path to recovery. There is no need to register. Participants are welcome to drop by and share feelings, difficulties, or successes. Everyone is a valued participant.

Addiction, Anxiety Disorder, Bipolar Disorder, Borderline Personality Disorder, Depression, Dual Diagnosis, Obsessive-Compulsive Disorder, Posttraumatic Stress Disorder, Schizophrenia.

NAMI Kenosha County Connection Recovery Support Groups

When: Twice per month on the 2nd and 4th Thursday at 6pm.

Where: St. Paul's Lutheran Church, 8760 37th Ave, Kenosha

Questions? 262-652-3606

When: Every Saturday from 11am - Noon

Where: Bridges Community Center, 5718 7th Ave, Kenosha

Questions? 262-657-5252



For more information please visit our website www.namikenosha.org or call 262-652-3606.

