

Bipolar Disorder...
PTSD... Depression...
Anxiety...
Schizophrenia...



You are not alone.

NAMI Amador Connections Recovery Support Group

TWO GROUPS EVERY THURSDAY:

10:00 AM – 11:30 AM - Sierra Wind Wellness and Recovery Center
Location: 10354 Argonaut Lane, Jackson CA 95642

1:00 PM – 2:30 PM - Amador Senior Center
Location: 229 New York Ranch Road, Jackson CA 95642

- Connections is a free group for adults with mental illness regardless of diagnosis.
- They are led by trained individuals who are also in recovery – people who understand the changes and challenges of recovery.
- NAMI Connections Recovery Support Group meets each week and offers a flexible and casual environment without a formal educational format, and no registration or enrollment is required.

**Talk to people who understand ... someone like you ...
someone you can connect with.**



NAMI | National Alliance on Mental Illness

Amador

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WELLNESS • RECOVERY • RESILIENCE