

# Connection Support Group



**When:**  
**1st & 3rd Wednesdays,**  
**starting 1/19/2022**  
**5:00 – 6:30 pm**

**Where:**  
**Mondale Hall,**  
**Room 475**

**Contact/ Questions:**  
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## Description:

This NAMI Connections group offer peer-led support for law students living with mental health disorders attending law school at the University of Minnesota

NAMI Connection is a recovery support group for adults with a mental illness regardless of their diagnosis. This group is offered free of charge and is led by trained individuals who are also in recovery- people who understand the challenges we face.

This group is in a hybrid model and there is a 20 person limit due to time concerns.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support, and advocacy.