



Support Groups for Peers

What is NAMI Connection?

NAMI Connection, offered by NAMI Affiliates, is a free, confidential and safe support group for individuals living with mental health challenges. Individuals join a caring group of peers that offer support through their learned wisdom. Group members are no longer alone and have a renewed sense of hope. NAMI Connection support groups meet monthly for 90 minutes and offer a structured group process.

What are the goals of NAMI Connection support groups?

- To encourage, support and empower people
- To provide this support free of charge and confidentially
- To make this support available to any adult living with a mental health condition
- To provide a support group that is led by trained facilitators living in recovery themselves

Day	Time	Locate	Contact
1 st Thursday of every month	6:00 pm – 7:00 pm	Park Central Baptist Church 7777 LBJ Freeway Dallas, TX 75251	Mike 214-341-7133
3 rd Wednesday of every month	6:30 pm – 8:00 pm	NAMI Dallas Office 2812 Swiss Ave. Dallas, TX 75204 (park inside Beilharz Block gate)	Teena 972-815-9491 Vita 214-341-7133
Every Tuesday	7:00 pm	First United Methodist Church Richardson 503 N Central Expy, Richardson, TX 75080 Room B-217 (inside main church across from AA Group)	Mike 214-341-7133
Mondays and Wednesdays	5:00 pm - 6:00 pm	Quaker Meeting House 5828 Worth St. Dallas, TX 75214	David 214-824-2435
2nd Saturdays of every month	1:00 pm - 2:30 pm	First United Methodist Church 1200 E. Yellow Jacket Rockwall, TX 75087	William 214-341-7133

NAMI Dallas

2812 Swiss Ave Dallas, TX 75204

214-341-7133

namidallas@namidallas.org

www.namidallas.org

