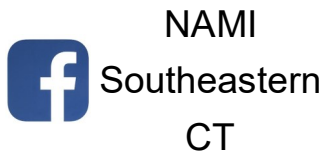


Young Adult Connection Group



www.namisoutheastct.org/



Every 2nd and 4th Thursday of the month, NAMI hosts a Young Adult Connection Group at Brian's Healing Hearts in Niantic. Participants between the ages of 18-29 are led through a three-part session that includes discussing "highs" and "lows" since the previous meeting, participating in a mindfulness-based group activity, and finally, establishing personal goals for the next 2 weeks.

Meetings are accompanied by light refreshments. All within the specified age range are welcome to attend!



Who: 18-29 year olds looking to improve their mental health

What: NAMI Young Adult Connection Group

Where: Brian's Healing Hearts, 461 Main Street, Niantic

When: Every 2nd and 4th Thursday of each month

Why: To discuss every day life challenges and wins in a supportive group setting, of course!

Participants will also learn about the latest research in mental health.

Contact your Group Co-Facilitators: Andrew at (860) 608-0124 or Judy at gamboajudy@gmail.com. We would be honored to have you with us!