

What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential
- Held twice a month for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NAMI Alameda County will offer two
NAMI Connection Recovery Support Group Programs

They will be held at the following locations:

Oakland: Telecare Heritage, Begins May 14th 2633 E. 27th Street,
11 am to 12:30 pm, 2nd and 4th Saturdays

Union City: Holly Center, Begins June 14th, 31600 Alvarado Blvd.,
6:30 to 8 pm, 2nd and 4th Tuesdays

Participant Perspectives

“ NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!

“ NAMI Connection is the promise of what is and what can be in our lives.”

“ I believe NAMI Connection means hope.”



nAMI Alameda County
National Alliance on Mental Illness

Advocating for Mental Health and Families Since 1977, Serving Oakland Through Fremont

To Learn More About
NAMI Alameda County Support Groups
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NAMI Alameda County is an affiliate of NAMI California. Dedicated volunteer members work tirelessly to raise awareness and provide essential education, advocacy and support programs for people in our community living with mental illness and their loved ones