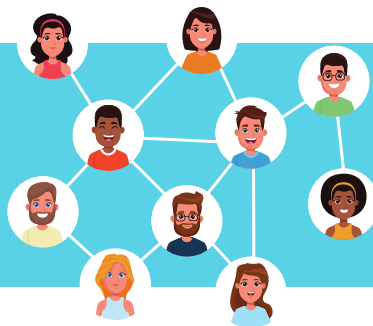




# FREE ONLINE SUPPORT GROUPS & SOCIAL EVENTS

[namicoastalvirginia.org/online-support-groups](http://namicoastalvirginia.org/online-support-groups)

CONNECT, ENGAGE,  
SOCIALIZE,  
AND CREATE  
WITH PEERS WHO  
HAVE BEEN THERE!



ALL GROUPS & EVENTS  
ARE HELD ON ZOOM.  
EVERYTHING IS  
CONFIDENTIAL,  
SUPPORTIVE & FREE.

## Connections Support Group

Peer-led support group for any adult who has experienced symptoms of a mental health condition

**Mondays:** 10:00 a.m. - 11:30 p.m.

7:00 p.m. - 8:30 p.m.

**Tuesdays:** 7:00 p.m. - 8:30 p.m.

**Thursdays:** 11:00 a.m. - 12:30 p.m.

## Family Support Group

Peer-led support group for family members, caregivers, and loved ones of individuals living with mental illness.

**Every 2nd & 4th Wednesday of the month:** 7:00 p.m. - 8:30 p.m.

## Connections Under 30

Peer-led Connections Support Group for those under 30, by those under 30!

**Every 1st and 3rd Wednesday of the month:** 7:00 p.m. - 8:30 p.m.

## Art Wellness Socials

Gather together and bring an art project you would like to work on. We can share tips, motivation, and encouragement.

**Every 1st and 3rd Saturday of the month:** 11:00 a.m. - 1:00 p.m.

 **NAMI** Coastal Virginia

National Alliance on Mental Illness

[namicoastalvirginia.org](http://namicoastalvirginia.org) • (757) 499-2041

