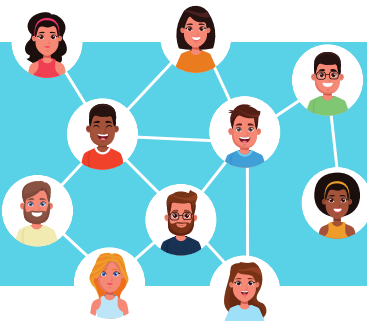




FREE ONLINE SUPPORT GROUPS & SOCIAL EVENTS

No registration required, visit our website for more information and to join!
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 a.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.

NAMI POC Connections Support

Peer-led support group for people of color, led by people of color.

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

State-Wide Connections, Family Support, and Youth Groups

If you need a support group at a time when NAMI Coastal does not have one, you are welcome to attend these NAMI support groups facilitated through other Virginia affiliates!

www.namivirginia.org/online-programming/

Online Llama Social Club

Art Wellness

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.

Games Social

Join your friends and play virtual games like Trivia, Charades, and more - or just come to hangout. Breakout rooms available for the noisier games.

Every 2nd and 4th Saturday of the month:
11:00 a.m. - 1:00 p.m.



National Alliance on Mental Illness

NAMI Coastal Virginia

 [namicoastalva](https://www.instagram.com/namicoastalva)
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