



NAMI Pasco County

National Alliance on Mental Illness

GAIN HOPE

Welcome *All* Adults to Our Free, Twice-Monthly “Connection” Recovery Support Group in East Pasco, Florida

Connection Recovery Support Group is a **free** peer-led support group for people living with a psychiatric diagnosis.



What you’ll acquire by sharing your experiences in a safe and confidential setting:

- Encouragement, empathy, productive discussion
- Coping skills for mental illnesses, which are are treatable, *medical* conditions
- A group following a structured model
- The benefit of others' experiences
- Identification of local resources
- No endorsement or recommendation of a specific medication or medical therapy

Who?	Anyone who needs support for a diagnosis of mental illness
When?	Every 1st and 3rd Saturday of the month beginning April 4, 2015
What Time?	11:30 AM to 1 PM
Where?	Prevention Counseling Center 13743 U.S. 98 Bypass Dade City, FL
Questions?	Contact Shelley Westrater (352) 556-9849



www.namipasco.org

(727) 992-9653

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