



NAMI Nebraska invites you to join us
for our first ever

ONLINE CONNECTION MEETING!

Thursdays at 11:00am
(starting February 11, 2016)

NAMI Connection is a recovery support group for adults with mental illness regardless of their diagnosis, where they can learn from others' experiences, share coping strategies, and offer mutual encouragement and understanding on the road to recovery. Every group is offered free of charge and meets weekly for 90 minutes or less. All are led by trained individuals who are also in recovery—people who understand the challenges we face.

NAMI Connection groups offer a flexible and casual environment without an educational format, and no registration or enrollment obligation is required.

Here's how to sign up:

1. Go to www.nebraskaconnections.com.
2. Fill in your information.
3. Click "Register."
4. On Thursdays, a few minutes before 11:00am, type in your Username and Password.
5. Click "Login."
6. Click on the "Online Meeting" tab to take you to the live meeting.

We look forward to seeing you there!

