

**April 2024 Schedule**

**Wednesday, April 3: NAMI Connection support group.** This is a weekly group for adults living with mental illness. It is free, confidential, and peer-led; no registration is necessary, newcomers are always welcomed. The group meets every Wednesday (1:00—2:30) at 202 Brooks, Rm. 208. A Zoom option is available: <https://us02web.zoom.us/j/87807649737>

**Wednesday, April 3: NAMI Family-to-Family education class (Week Five).** Registration for this class is closed.

**Wednesday, April 10: NAMI Connection support group**

**Family-to-Family (Week Six)**

**Wednesday, April 17: NAMI Connection support group**

**Family-to-Family (Week Seven)**

**Thursday, April 18: NAMI “Family Support” group.** This monthly group is for adult relatives, friends, and caregivers of individuals with mental illness. It is free, confidential, and peer-led; no registration is required, and newcomers are always welcomed. The group meets on the third Thursday evening of each month (6:30—8:00 pm) at 202 Brooks, Room 208.

**Wednesday, April 24: NAMI Connection support group**

**Family-to-Family (Week Eight)**

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**YOU DO NOT NEED TO BE A NAMI MEMBER TO ATTEND NAMI GROUPS!**

**Schedule is subject to change. For up-to-date information: 406-880-1013;** [**namimissoula@gmail.com**](mailto:namimissoula@gmail.com)**;** [**www.namimissoula.org**](http://www.namimissoula.org)