



Connection

Supporting mental health and recovery

What is NAMI Connection?

- A **FREE** support group for adults living with a mental health condition.
- Find understanding, respect, encouragement, and hope in a safe and confidential setting.
- Lead by trained facilitators who are living in recovery and wellness.



All Groups meet from 6:30 p.m. to 8 p.m.

Covington - Every Thursday

In the Madisonville Room at

St. Tammany Parish Hospital (Main hospital lobby entrance)

Hammond – 1st and 3rd Wednesday of every month

In the E. Brent Dufreche Conference Center at

North Oaks Medical Center Main Campus

Slidell – Every Monday

In the Camellia Room at

Ochsner Medical Center- Northshore

(Main hospital lobby entrance)

No registration is required. Groups may be subject to change.

For more information on this program and other mental health care resources, contact