

## Peer Support Groups in English

### East Region

Weekly on Fridays, 12:00-1:30pm  
East County Mental Health Clinic  
1<sup>st</sup> Floor Wellness Center  
1000 Broadway  
El Cajon, CA 92021

### Central Region

Weekly on Thursdays, 6:00-7:30pm  
Mental Health America Building  
2<sup>nd</sup> Floor Conference Room  
4069 30<sup>th</sup> Street  
San Diego, CA 92104

### Central Region

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 2:00-3:30pm  
Central Library  
Room 563 (5<sup>th</sup> Floor)  
330 Park Blvd.  
San Diego, CA 92101  
(Between J and K Street in Downtown  
San Diego)

## Peer Support Groups in Spanish Grupo de Apoyo en Español

### South Region

Cada Martes, 2:00-3:30pm  
Visions Clubhouse  
226 Church Avenue  
Chula Vista, CA 91910  
Llamar a Cinthya para mas informacion:  
619 688-0507

---

NAMI Connection Support Groups are FREE recovery support groups for any individual 18 years or older living with mental illness. These groups provide a place that offers respect, understanding, encouragement, and hope. They also offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

- Each group meets weekly (unless otherwise noted) for 90 minutes.
- All group meetings are FREE.
- Groups follow a flexible structure.
- We do not recommend or endorse any medications or other medical therapies.
- All groups are confidential.
- Participants can share as much or as little personal information as they wish.

Interested? Have questions? Call the Family & Peer Support Helpline at (619) 543-1434, or (800) 523-5933, or email [p2p@namisd.org](mailto:p2p@namisd.org) for more information. 8/15/2016