



National Alliance on Mental Illness

NAMI

Southern Maryland
St. Mary's - Charles - Calvert

NAMI Connection Recovery Support Group

Lexington Park

Meets the second and fourth Tuesdays of the month, 6:00 - 7:30 pm

Lexington Park Library
21677 FDR Blvd., Conf Room A
Lexington Park, MD 20653

When traveling towards the base Gate on Great Mills Road, make a Right at the Light on Shangri-La Drive, then a Right onto FDR Blvd., the Library is the first Right after the Fire House.

***Talk to someone who understands –
someone like you.***

NAMI Connection Recovery Support Groups are for individuals 18 years and older who are living with mental illness, regardless of their diagnosis. These groups provide a place that offers respect, understanding, encouragement, and hope.

Connection Recovery Support Groups are led by NAMI trained individuals who are also in recovery – people who understand the challenges faced by individuals who live with mental illness. Meetings are held in a flexible, casual, and confidential environment. There is no registration or enrollment obligation.

2009 Support Group Meetings in Lexington Park

Jan 13	Mar 10	May 12	Jul 14	Sep 8	Nov 10
Jan 27	Mar 24	May 26	Jul 28	Sep 22	Nov 24
Feb 10	Apr 14	Jun 9	Aug 11	Oct 13	Dec 8
Feb 24	Apr 28	Jun 23	Aug 25	Oct 27	Dec 22

For more info call NAMI at 301-737-1988 or
email connections1p@yahoo.com

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