

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. Meetings are free, led by trained peer facilitators and open to anyone with a mental health issue.



Email groups for registration links!



Virtual Connection Groups

When: Every Thursday, 3:00—4:30 pm

Contact: ConcordNAMIConnection@gmail.com

* * * * *

When: 1st and 3rd Thursdays, 6:00—7:30 pm

Contact: NAMIConnectionPortsmouth@gmail.com

* * * * *

When: 1st and 3rd Sundays, 4:30—6:00 pm

Contact: NAMIConnectionLRNH@gmail.com

* * * * *

When: 2nd Mon and last Wed, 5:45—7:15 pm

Contact: NAMIConnectionUV@gmail.com

* * * * *

YOUNG ADULT GROUP (Ages 18-30)

When: 2nd and 4th Sundays, 6:30—8:00 pm

Contact: NAMIConnectionYA@gmail.com

<https://www.NAMINH.org/Connection>