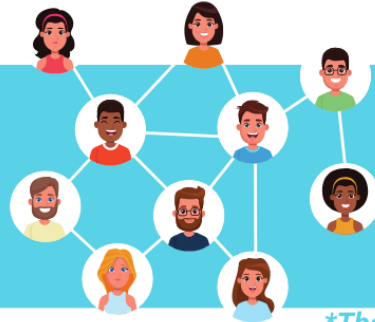


# FREE SUPPORT GROUPS, CLASSES & SOCIALS

Visit our website for more information and to join!

[namicoastalvirginia.org](http://namicoastalvirginia.org)

CONNECT, ENGAGE,  
SOCIALIZE,  
AND LEARN  
WITH PEERS WHO  
HAVE BEEN THERE!



ALL GROUPS & EVENTS  
ARE HELD ON ZOOM UNLESS  
OTHERWISE NOTED.  
EVERYTHING IS  
CONFIDENTIAL,  
SUPPORTIVE & FREE\*.

*\*There is a fee for bowling, more info below*

## Connections Support Group

Peer-led support group for any adult who has experienced symptoms of a mental health condition.

**Mon:** 10:00 a.m. - 11:30 a.m. (Zoom)  
7:00 p.m. - 8:30 p.m. (Zoom)

**Tues:** 7:00 p.m. - 8:30 p.m. (Zoom)

**Weds:** 10:00 a.m. - 11:30 a.m.  
Chesapeake Integrated Behavioral Healthcare, Rm 194  
2nd & 4th Wednesdays  
1:00 p.m. - 2:30 p.m.

**Thurs:** 11:00 a.m. - 12:30 p.m. (Zoom)  
7:00 p.m. - 8:30 p.m.  
St. Gregory's Catholic Church VB, Damien Room  
Wesley Grace UMC, Fellowship Hall, Norfolk,  
1st & 3rd Thursdays

## BIPOC Connections Support

Peer-led support group for people of color, led by people of color.

**Every 2nd & 4th Thurs of the month:**  
7:00 p.m. - 8:30 p.m. (Zoom)

## Family Support Group

Peer-led support group for family members, caregivers, and loved ones of individuals living with mental illness.

**Every 2nd & 4th Weds of the month:**  
Sentara Leigh Hospital, Elizabeth River  
Conference Room 7p.m.-8:30 p.m.

## Educational Classes

Free classes offered virtually and in-person.

[namicoastalvirginia.org/programdescriptions](http://namicoastalvirginia.org/programdescriptions)

## Presentations & Discussions

Encompassing a wide array of topics, events, and presentations. View previous programs and get information for upcoming presentations here:

[namicoastalvirginia.org/communityprograms](http://namicoastalvirginia.org/communityprograms)

## State-Wide Programming

If you need a support group at a time when NAMI Coastal does not have one, you are welcome to attend these NAMI support groups facilitated through other Virginia affiliates!

[www.namivirginia.org/online-programming/](http://www.namivirginia.org/online-programming/)

## Bowling

\$6.00 for NAMI members \$13.00 for non-members (You can join NAMI at the alley.)  
Cost includes two games and shoes. Arrive 10-15 minutes early to ensure you have plenty of time to get set up, and ready to roll!

**Every Fri at AMF Lynnhaven 12:00 p.m.**

 **NAMI Coastal Virginia**

National Alliance on Mental Illness

[namicoastalvirginia.org](http://namicoastalvirginia.org) • (757) 499-2041

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