

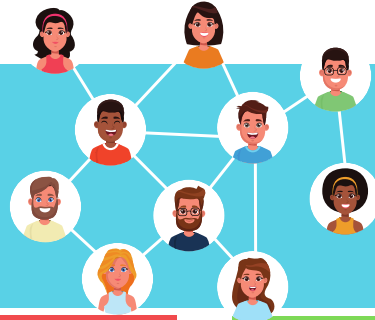


FREE SUPPORT GROUPS, CLASSES & SOCIALS

Visit our website for more information and to join!

namicoastalvirginia.org

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



OUR SUPPORT GROUPS AND
CLASSES ARE FREE, SAFE, AND
CONFIDENTIAL. LINKS TO OUR
ONLINE GROUPS ARE AT:
WWW.NAMICOASTALVIRGINIA.ORG

Connection Peer 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)

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

Wed: 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.

St. Gregory's Catholic Church VB, Damien Room

-Park in the lot where the Daycare Center & the

Hope 4 Life vans are parked.

-Please wait outside the building until the facilitator

lets you in between 12:50-1:00

-NO Smoking on the premises

Thur: 7:00 p.m. - 8:30 p.m.

Wesley Grace UMC, Fellowship Hall, Norfolk,
1st & 3rd Thursdays

BIPOC Connection Peer 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)

Educational Classes

Free classes offered virtually and in-person.

namicoastalvirginia.org/programdescriptions

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.

Presentations & Discussions

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

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/

Bowling

NAMI Coastal has partnered with Bowlero at Lynnhaven to offer NAMI Members two games, shoe rental and use of house ball for \$6.00 when you bowl with our group on Fridays at 12:00 p.m. Non-members will pay regular price.

Friday at Bowlero Lynnhaven 12:00 p.m.

 [namicoastalva](https://www.instagram.com/namicoastalva)

 [NAMICoastalVirginia](https://www.facebook.com/NAMICoastalVirginia)

 **NAMI** Coastal Virginia
National Alliance on Mental Illness
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