



National Alliance on Mental Illness

nami | Southwest Iowa

NAMI Southwest Iowa is proud to announce it will be hosting training for Connections Support Groups. This 2 day class prepares facilitators to co-lead 90 minute support groups on a weekly, biweekly or monthly basis depending on the needs of the community. Connections is peer based and provides insight to experiences, an opportunity to share in a confidential and safe environment. Our ideal co-leader will be a person living with mental illness currently in recovery and ready to serve their local community. We have limited space available and need you to sign up today to save your spot. Check out the details below.

NAMI SWIA Connections Training

- **When:** Saturday March 9th and Sunday March 10th 8:30 AM- 6:00 PM both days
- **Where:** Council Bluffs IA, support groups will meet in your community
- **Who:** anyone living with mental illness living in recovery ready to serve
- **What's after training?** The training will allow you to co-lead a support group in your community or near you.
- **What does it cost?** This training is free, the support group is free and everything we offer is always free.
- **Where can I find out more about Connections?** Check out NAMI.ORG, NAMISOUTHWESTIOWA.COM or search "NAMI Connections" on Youtube
- **What if I have other questions?** You can contact the director Alex Burton at namiswiowa@gmail.com or by calling (712) 542 7904