



# FREE ONLINE SUPPORT GROUPS & SOCIAL EVENTS

*No registration required, visit our website for more information and to join!*  
[namicoastalvirginia.org/online-support-groups](http://namicoastalvirginia.org/online-support-groups)

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



ALL GROUPS & EVENTS  
ARE HELD ON ZOOM.  
EVERYTHING IS  
CONFIDENTIAL,  
SUPPORTIVE & FREE.

## Connections Support Group

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

**Mondays:** 10:00 a.m. - 11:30 a.m.  
7:00 p.m. - 8:30 p.m.

**Tuesdays:** 7:00 p.m. - 8:30 p.m.

**Thursdays:** 11:00 a.m. - 12:30 p.m.

## NAMI POC Connections Support

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

**Every 2nd & 4th Thursday of the month:**  
7:00 p.m. - 8:30 p.m.

## Family Support Group

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

**Every 2nd & 4th Wednesday of the month:**  
7:00 p.m. - 8:30 p.m.

## State-Wide Connections, Family Support, and Youth Groups

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/)

## Online Llama Social Club

### Art Wellness

Gather together and bring an art project you would like to work on. We can share tips, motivation, and encouragement.

**Every 1st and 3rd Saturday of the month:**  
11:00 a.m. - 1:00 p.m.

### Games Social

Join your friends and play virtual games like Trivia, Charades, and more - or just come to hangout. Breakout rooms available for the noisier games.

**Every 2nd and 4th Saturday of the month:**  
11:00 a.m. - 1:00 p.m.

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

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