

Do you know what
it's like to live with
a mental illness?

Are you interested in
getting and giving
support with peers?

Would you like to
meet other young
adults who have
similar challenges?

**REGISTRATION IS
NOT REQUIRED
AND THERE IS NO
COST TO ATTEND**

For More Information
Contact Kristian Feldstein
at NAMI Howard County
(410) 772-9300
kmcclroy@nami.org

NAMI Connection is a free recovery support group for people living with a mental illness to share experiences, coping strategies, and offer each other support.



Talk to someone who understands...

Someone just like you!

**2nd and 4th Monday of every month,
6:30—8:00 p.m.**

(except: April 25, Sept 12, Oct 24 or Dec 26, 2011)

**Chapelgate Presbyterian Church, Room 212
2600 Marriottsville Road, 21104**

Directions from Columbia & Laurel: Rt. 29 north to I70 west. Exit 83, Marriottsville Rd south. Turn left on to Marriottsville Rd. Chapelgate Presbyterian church is less than a half mile on the right.

Directions from Ellicott City: Rt 40 west to Marriottsville Road (.7 mile past Turf Valley). Turn right on Marriottsville Rd. The entrance to Chapelgate is about .3 of a mile on the left.