

"We are here to help- Individuals, Families, and Supporters, of those experiencing Mental Illness."



Who we are: NAMI Berks County, PA will promote the interests of all those affected by mental illness; the individual, family, and friends, by providing educational and support services.



**NAMI Connection Recovery Support Group – Held 2nd and 4th Thursday Night
6:30pm to 8:00 pm**

NAMI connection is a recovery support **group for individuals 18 and over with mental illness** that offers respect, understanding, encouragement, and hope. NAMI Connection groups are:

- Free
- Held 2nd and 4th Thursday for 90 minutes
- Designed to connect, encourage, and support participants
- Led by trained **facilitators** living in recovery themselves

*****New NAMI Connection Recovery Support Group Meeting Location**

Beginning January 10, 2019: St. James Church, 644 Penn Ave, West Reading, PA 19611

The entrance is the glass door at the rear of the church on Cherry Street. Parking is available on the street or the public lot between Franklin and Cherry just behind the church, enter from Franklin Street.

Contact: 610-685-3000

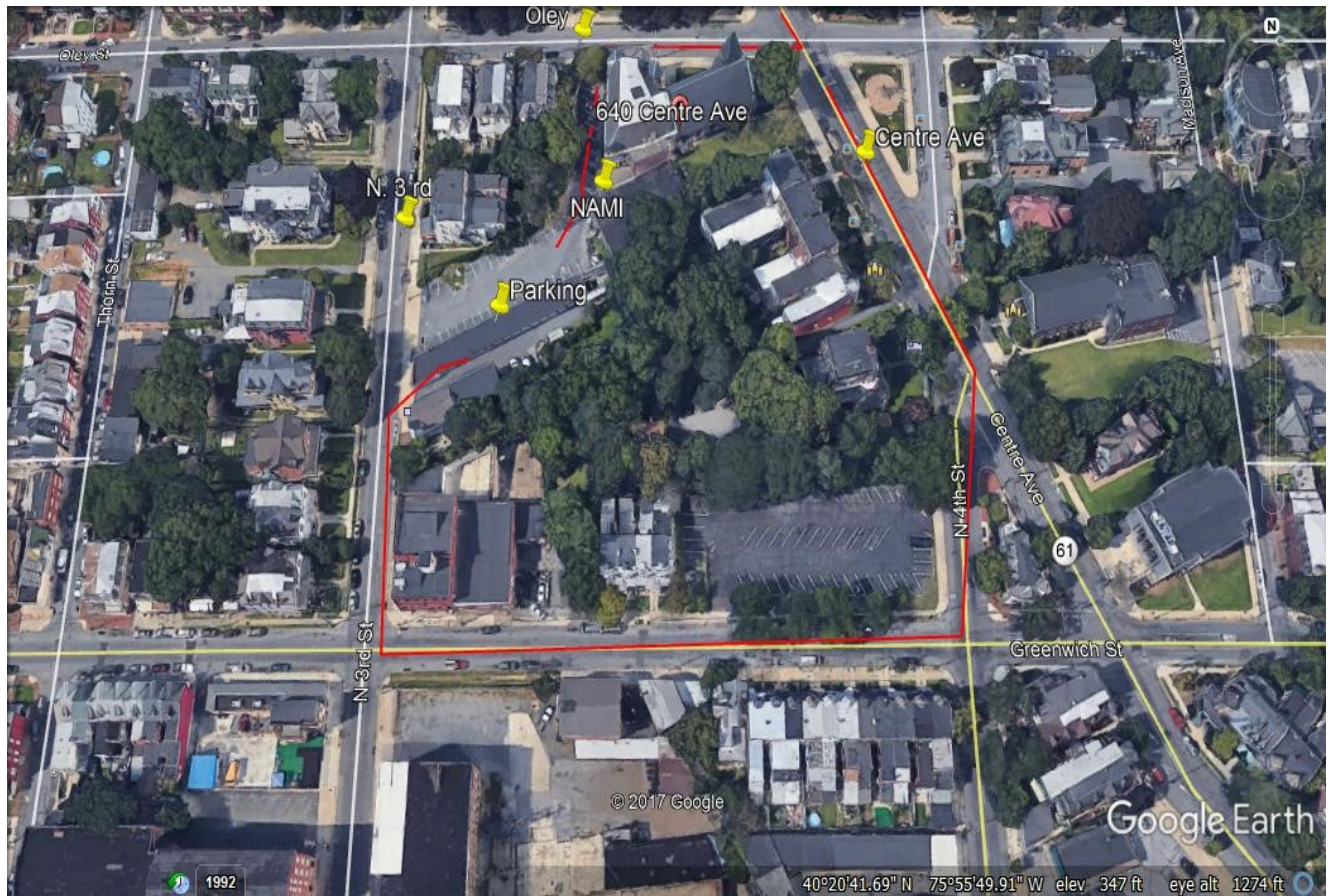


NAMI Family Support Group - Second Wednesday of Every Month 7:00 - 8:30pm

- Free
- Confidential and safe group of **families helping other families** who live with mental illness
- Joining together persons utilizing their collective lived experiences and learned wisdom.

Location: 640 Centre Avenue, Reading, PA 19601 **Contact:** 610-685-3000

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Location: 640 Centre Avenue, Reading, PA 19601 (inside the *Calvary United Church of Christ*)
Please look for the NAMI sign as you enter the parking lot from Oley street, ring doorbell and a NAMI member will greet you.

Our Office hours are by appointment. Please contact the NAMI office if you would like to check out our lending library, if you have questions, need assistance, or wish to volunteer

Please call the office at (610) 685-3000 or berksnami@gmail.com



Follow us on Facebook: <https://www.facebook.com/NAMIBerks> or <http://www.namiberkspa.org>

Location: 640 Centre Avenue, Reading, PA 19601 **Contact:** 610-685-3000