

NAMI of Frederick County is pleased to offer a Connection Recovery Group for **deaf adults** 18 and older living with a mental health diagnosis. It will be guided by two trained deaf facilitators. The group will meet on the 1st and 3rd Monday of each month from 11:00 a.m. to 12:00 p.m. starting in October (2019). In this group, attendees can share the challenges and successes of coping with mental illness while offering encouragement and hope. It is free of charge. The meeting space is located on the first-floor classroom of Trinity Chapel at 10 West Church St. Trinity Chapel is the downtown church with a clock on its steeple. Enter through the main front door and the support group room is on the right.

NAMI Connection is a free recovery support group for people living with mental illness in which people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding.

Membership in NAMI is not required.

Directions:

- **First Floor classroom of Trinity Chapel at 10 West Church St. Trinity Chapel is the downtown church with a clock in its steeple.**
- **Enter through the front Door or Take the main front door and the support group room is on the right.**

[Learn More about Connection Support Group Here!](#)

NAMI of Frederick County
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About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.