



National Alliance on Mental Illness

NAMI Brown County

PEER SUPPORT GROUP

Connect with a Recovery Support Group run by
and for people with a lived experience of mental illness



You are not alone. There are others whose life experiences are similar to yours.

Peer Support is a safe, non-judgmental place to share your journey and learn from others who've been there.

We aim for better coping skills and find strength in sharing experiences.

We reject stigma, don't tolerate discrimination and will -
never give up hope!



Please join us on your journey to recovery

Monthly Peer Support Group meetings are held 6:30—7:30 at the
Aging & Disability Resource Center
300 S. Adams Street

August 13 • September 10 • October 8 • November 12 • December 10

NAMI Brown County - An Alliance of Friends and Support

Our Mission is to improve the quality of life for those affected by mental illness and to support research to someday eliminate these illnesses. We provide support, education, and advocacy to those living with mental health issues and their family and friends.