



**nami**

**National Alliance on Mental Illness**

**Brazos  
Valley**

## **Support Groups**

**NAMI Connections (for Peers)** - NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others. The groups are led by NAMI-trained facilitators who've been there.  
**Tuesdays at 6:30 PM.**

**NAMI Family Support Group** - NAMI Family Support Group is a peer-led support group for family members, caregivers, and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances. **Tuesdays at 6:30 PM.**

**Teen Skills & Support Program** - The program offers education and support to meet the needs of teenagers suffering from mental illnesses. Currently, we hold weekly support groups for teenagers ages 14-18. Parallel support group sessions are held for the parents and relatives of the teenagers (same time and venue, different rooms). **Thursdays at 6:30 PM.**

**All support groups meet at the NAMI - Brazos Valley office  
at 3705 South College Avenue, Bryan, TX.**

**Phone: 979.774.4713**

**[www.namibv.org](http://www.namibv.org)**