



NAMI New Hampshire
National Alliance on Mental Illness

Virtual & In-Person

CONNECTION PEER SUPPORT GROUPS

For adults (18+ years old) with mental health conditions looking for support.

CURRENT SUPPORT GROUP MEETINGS

2nd & 4th Mondays 6-7:30pm

Lee Church Congregational, Lee, NH

1st & 3rd Thursday evenings 6-7:30pm

Virtual via Zoom

Every Thursday afternoon 3-4:30pm

Virtual via Zoom

WHAT TO EXPECT

Our peer support groups are:

- Led by trained volunteers with lived experience
- Drop-in, no regular attendance required
- Free to participants
- Confidential and safe
- Judgement free

MAKE CONNECTIONS

Our groups allow you to connect with others who:

- Understand the challenges you face and the opportunities ahead
- Have had similar experiences
- Will help you learn new coping skills
- Will share their successes and strategies

For more information about the support groups, go to
NAMINH.org/support-groups/ or
email **connection@NAMINH.org**

Register here for a meeting

tinyurl.com/NAMINHPeer



Revised October 2025