

FEBRUARY 2024 Support Groups

Monday, February 5th --- Family Support Group

Meets **Via Zoom** the first Monday of the month from **7 to 8:30 pm**.

The Zoom links for this support group are sent to affiliate and support group members prior to each meeting. *

Wednesday, February 7th --- Young Adult Game Night

Online the first Wednesday of the month at **7 pm**. Visit [NAMICT.org](https://namict.org) to register.

Wednesday, February 14th --- Family Support Group

Meets **in person** the second Wednesday of the month at St. Isidore and Maria at St. Paul Church, 2577 Main Street, **Glastonbury** from **7 to 8:30 pm**.

Monday, February 19th --- The Spouse/Partner Support Group

Meets on the third Monday of each month **via Zoom** at **7 pm**.

For more information go to <https://namict.org/support-and-education/support-groups/>

Tuesday, February 20th --- Family Support Group

Meets **in person** the **third Tuesday** of the month at Center Congregational Church, 11 Center Street, **Manchester** from **7 to 8:30 pm**.

Wednesday, February 21st --- Young Adult Game Night.

Meets **In Person** on the 3rd Wednesday of the month at **6 pm**.

Manchester Community College, L243 MP Classroom.

For more information contact Torry: Tbernard@namict.org

NAMI Young Adult (ages 18-29) Groups

Meets at various times all month long:

Choices of *Check-In*, *Rainbow groups*, *Self-Discovery*, and *Game Night*, among others!

Go to <https://namict.org/support-and-education/support-groups/>

Contacts are Val at vlepourte@namict.org or Sarah at sarah.poutre@gmail.com

*For more information about the Family Support Groups,
call Tina at 860-906-7385 or email Roberta at rcluby@comcast.net.



**NAMI Connecticut Walk
Coming May 18, 2024**