

<https://www.namimanchesterct.org>

November 2024 Support Groups

FAMILY SUPPORT GROUPS

Monday, November 4th

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, November 13th

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**.

Tuesday, November 19th

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

YOUNG ADULT

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!

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

NEW Young Adult In-Person Games – Saturday, November 30th – *more information soon*

NEW Join the **CONTINUUM** – a peer-led support group for those **ages 30-45 (but all are welcome)** seeking a non-traditional style group.

Monday, November 4th, at Center Congregational Church, 11 Center Street, **Manchester** from **7-8pm**.

Friday, November 8th at First Church, 107 Palisado Avenue, **Windsor**, **6:30-7:30pm**.

Friday, November 22nd, at First Church, 107 Palisado Avenue, **Windsor**, **6:30-7:30pm**.

Windsor NAMI Continuum meets the 2nd and 4th Fridays.

Meetings are in the brick annex two buildings to the right, NOT the main church.

Contact: jashleyodell@gmail.com

For a complete listing of support groups offered throughout the state please visit:
<https://namict.org/support-and-education/support-groups/>