

Bipolar Disorder

What's it mean?

OCD

I need someone to talk to.

Panic Disorder

I'm okay...really.

Borderline Personality Disorder

Why me?

Schizophrenia

I just don't understand.

Talk to someone who understands... someone just like you

NAMI Connection is a recovery support group for adults with mental illness regardless of their diagnosis. Every group is offered free of charge and meets weekly for 90 minutes. All are led by trained individuals who are also in recovery—people who understand the challenges we face.

NAMI Connection groups offer a flexible and casual environment without an educational format, and no registration or enrollment obligation is required.

In Yakima

Every Wednesday

7:00 - 8:30 p.m.

Wellness House

210 South 11th Ave, Suite 40



NAMI Yakima



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