



**PEER SUPPORT GROUP
WILL HELP YOU:**

**Aim for better coping
skills**

**Forgive ourselves
and reject stigma**

**Accept we cannot
solve every problem**

**Find strength in
sharing experiences**



FRIDAYS @ BEALE LIBRARY

PEER SUPPORT GROUP

NAMI RECOVERY SUPPORT GROUP

This 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 group follows a structured model to ensure you and others in the group have an opportunity to be heard.



**Beale Library
701 Truxtun Ave
Bakersfield, CA 93301
Every Friday
3:00pm-4:30pm**

NAMI Kern County
P.O. Box 9144
Bakersfield, CA 93389

661-247-5426

www.namikerncounty.org