NAMI Wood River Valley

National Alliance on Mental Illness

We want to thank Wood River Women's Foundation members for making these FREE support groups possible for our community.

Links and updates to the follwing support groups can be found online at **www.namiwrv.org/support and on our Facebook page.**

NAMI Family Support Group

National Alliance on Mental Illness

Weekly Family Support Group—NAMI-WRV's Family Support Groups are led by trained family members of individuals living with mental health challenge.

EVERY WEDNESDAY, 6:00 – 7:30 pm SUPPORT IN ENGLISH

https://us04web.zoom.us/j/934523157

+1 669 900 6833, Meeting ID: 934 523 157, Meeting Password: 869953

EVERY THURSDAY, 6:00 – 7:30 pm, SUPPORT IN SPANISH

https://us04web.zoom.us/j/879918928

+1 346 248 7799, Meeting ID: 879 918 928, Meeting Password: 392609

NAMI Connection

National Alliance on Mental Illness RECOVERY SUPPORT GROUP

Daily Connection Recovery Support Group—NAMI Connection Recovery Support Group is a peer-led support group for adults living with a mental health challenge. Any adult diagnosed with a mental health challenge, regardless of the diagnosis, is welcome to attend.

EVERYDAY, 5:30-7:00 pm

https://us04web.zoom.us/j/917995809

Meeting ID: 917995809, Password: 672832

Bluebirds Teen Support Group—Starting mid-April
Monday-Wood River High School • Tuesday-Silvercreek High School
Wednesday-Wood River Middle School • Thursday-Carey High School
Friday-Hemingway STEAM Middle School

Join us at 4:15pm DAILY for Yoga for Mental Wellness, check-in with a different yoga instructor each day, for 45-minutes for relaxing, grounding techniques as we come together for mental health and wellbeing.

https://us02web.zoom.us/j/772390363?pwd=V0N0ZUdDTDQvT2dZMjgvYktIZWNTdz09 Meeting ID: 772 390 363, Password: 859254

We are here to support you, 7-days a week, from 9am-9pm, 208-481-0686, or email us at info@namiwrv.org