

Focus Now

(Finding Out and Clearly Understanding Self-empowerment: the New Opportunity for Wellness)

A NAMI Connection Support Group

*A support group for individuals with mental illness,
substance use disorders, or co-occurring disorders.*

Tuesdays 7:00 p.m. – 8:30 p.m.

&

Thursdays 11:00 a.m. – 12:30 p.m.

**Pembroke 3, Suite 140
289 Independence Boulevard
Virginia Beach**

No registration necessary – no fee – no residency requirement.

Call 270-3751 for more information.



Recovery Rocks!