

INTRODUCING

ASIAN PACIFIC AMERICAN

AAPI/AANHPI

VIRTUAL

MENTAL HEALTH
SUPPORT GROUP

MEETS EVERY
FOURTH MONDAY
AT 6:30PM



You are not alone.

The National Alliance on Mental Illness (NAMI) is proud to announce

Connecticut's first Asian-American mental health support group.

No cost. No registration required. Peer-led and confidential.

Meets every fourth Monday at 6:30pm, starting July 22, 2024.

Our rules are simple:

Identify as Asian Pacific American/AAPI/AANHPI and a peer (either diagnosed or experiencing symptoms of a mental health condition)

For more info contact Ami at kang.ami@outlook.com or 718 614 3619

