



**Well-Being
Initiative**

UMN LAW

REMOTE LAW STUDENT MENTAL HEALTH SUPPORT GROUP

**When: 2nd and 4th Monday of the
Month from 4:30-6:00 pm.**

Sept 12, Sept 26, Oct 10, Oct 24, Nov 14, Nov 28, Dec 12.

The NAMI Connection group offers peer-led support for law students living with mental health disorders (no diagnosis required) who attend any Minnesota Law School.

NAMI Connection is a recovery support group for adults with a mental illness regardless of their diagnosis. This group is offered free of charge and is led by trained individuals who are also in recovery – people who understand the challenges folks with mental illness face.

Join us over Zoom. Completely remote! No need to register – simply show up!

**Remote; <https://umn.zoom.us/j/97566449394> – Meeting ID:
975 6644 9394**

This group is confidential. It is not therapy.

Contact: Sierra at grand210@umn.edu with any questions or concerns.