

**YOU  
ARE  
NOT  
ALONE**



## **CONTACT**



*Valerie Lepoutre*

*Young Adult Coordinator*  
NAMI Connecticut  
[yac@namict.org](mailto:yac@namict.org)

576 Farmington Avenue  
Hartford, CT 06105

[www.namict.org](http://www.namict.org)  
Office: (860) 882-0236  
Mobile: (860) 788-5055  
Fax: (860) 882-0420



Find us on Meetup!  
<https://www.meetup.com/NAMIYACC>

**YOUNG  
ADULT  
CONNECTION  
COMMUNITY**

# ABOUT US

To all young adults who are  
struggling:  
**YOU ARE NOT ALONE!**

We are here to support you, guide you, and share our experiences. We are led by other young adults who are in recovery from mental health and substance use conditions who have experiences like yours. In our selection of groups state-wide, you will meet other young people who are also learning how to manage their mental health and well-being with the stress of today's world. We promote all paths to recovery and healthy living, and we know you can achieve your goals however small or big they may be. Ultimately, we are a network of young people striving for success in some of our toughest times.

**Welcome to the Young Adult  
Connection Community!**

# OUR GROUPS

*All of our groups focus on managing mental wellness through thought-provoking activities, recovery skill building, socialization, and supportive discussion.*

## COMMUNITY CONNECTIONS:

*Looking to further discover and improve yourself overall?*

*\*This group is facilitated in a community-based setting (health center, library, church, etc.)*

## CAMPUS CONNECTIONS:

*Looking for a break from class to de-stress and talk about whatever is on your mind?*

*\* This group is facilitated in a school setting (university, community college, etc.)*

## RAINBOW CONNECTIONS:

*Looking for an LGBTQ+ specific space to share your experiences?*

*\*This group is facilitated in a community-based setting (health center, library, church, etc.)*

## EMERGING CONNECTIONS:

*Looking for an hour to relax?*

*\*This group is facilitated in a hospital setting (young adult inpatient unit, residential center, group home, etc.)*

We choose group locations based on:  
Safety, Young Adult-Friendliness, and Convenience.

# WHAT'S NEW

**1WORD 1VOICE 1LIFE**  
Be the 1 to start the conversation

## Garrett Lee Smith Grant:

*In Collaboration with the Connecticut Department of Mental Health and Addiction Services and United Way of Connecticut, NAMI Connecticut has strengthened their Young Adult Connection Group Facilitator training by incorporating QPR (Question Persuade Refer) Gatekeeper training in suicide prevention. NAMI Connecticut has also partnered with the Connecticut Chapter of the American Foundation for Suicide Prevention (AFSP) to train young adults in leading special support groups for young adults who have lost someone to suicide.*

## #HOPE:

*Grieving after a suicide can be distinctly different from other grieving experiences. \*This is a peer-run support group that focuses specifically on promoting hope and effectively supporting suicide loss survivors as they progress on their journeys of grieving and healing.*