



National Alliance on Mental Illness

nami

Montgomery
County Ohio

PROGRESSION TEEN SUPPORT GROUP



NAMI Montgomery County Ohio is pleased to offer a Progression Teen Support Group for youth ages 13-17 years. This peer-led support group is for young adults living with mental illness who gain insight from the challenges and successes of others facing similar circumstances.

By sharing experiences in a safe and confidential setting, teens gain hope and develop supportive relationships. This group allows young adult voices to be heard and provides an opportunity for their personal needs to be met. It encourages empathy, productive discussion, and a sense of community. Participants will benefit through sharing of each other's experiences, leading them to discover their inner strength.

Progression Teen Support Group is held every Tuesday evening, from 7:00-8:30 p.m. on ZOOM. Registration is required to participate and can be completed at <https://www.nami-mc.org/programs> under the 'Progression' area or by calling 937-299-3667.