

Does someone you love struggle with mental illness....

“YOU ARE NOT ALONE”

We Are Offering a FREE Support Group for Family and Friends

The Second Thursday of every month at 6pm

A support group provides you with an opportunity to share with people who are likely to have a common purpose and likely to understand one another. Participating in a group is a way for families and/or friends to gain awareness and guidance, such as:

- Learning new coping skills
- Gaining insight from the challenges and successes of others facing similar experiences
- Accepting that we can not solve every problem
- Understanding that mental health conditions are not anyone's fault
- Helping you to understand the various treatment programs available

Support groups are facilitated by a member of Havenwyck Hospital and may include periodic guest speakers or presenters in response to the interests and needs of group participants.

Meetings are held via ZOOM
<https://uhsinc.zoom.us/j/2580774270>
Meeting ID: 258 077 4270

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