

CONNECTIONS: MENTAL HEALTH SUPPORT GROUP

3RD, 4TH, 5TH WEDNESDAYS
5:30-6:30PM

Teal Street Center, 8711 Teal Street

WHAT TO EXPECT

Connections is a peer support group open to anyone who wants to talk about their own mental health. Support group is peer-led, drop-in, free, and confidential.

We create community and foster connection for a sense of belonging and support.



QUESTIONS? EMAIL: MERYL@NAMIJUNEAU.ORG

FIND OUR CALENDAR OF EVENTS AT
NAMIJUNEAU.ORG