



Mental Health Support Groups

If you or a loved one are struggling with depression, anxiety, or other mental health issues, the Mental Health Support Groups offer a confidential and safe place for you to talk about your concerns. These *free* support groups are run by certified facilitators who are personally experienced at living well with mental illness. The support groups will provide individuals with mental illness and their family members the opportunity to meet together informally and support each other through their recovery journey.

Both support groups are free and will be held at the same time, at the same location, but in separate rooms on these dates:

December 21, 2011

January 25, 2012

February 22, 2012

Free

Refreshments!

March 28, 2012

April 11, 2012

April 25, 2012

*5:00 to 7:00 p.m. - Somerset Hospital
225 South Center Avenue, Somerset, PA 15501*

A Peer Support Group for Adults with mental health concerns will be held in conference room 419. A Family Support Group for Family Members, Friends, Supporters, etc. of loved ones who are facing mental health issues will be held in the cafeteria. For more information and to RSVP, please contact

Colleen Wolfhope (814) 536-3536 extension 239
or Janice Aspey at (814) 536-3536 extension 287.

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