



## Support is a Call or Click away...

Call 646.558.8656, or click on [ZOOM](#), & provide Meeting ID  
No password needed. For technical assistance prior to meeting start times send a  
text to 978.387.9507. Click [HERE](#) for more info

### **General Support Group**

*For anyone feeling mental health effects of current situation*  
Tuesday 1:00 to 2:30 pm Meeting ID 310 503 489

### **Family Support Group**

*For families & friends of persons who live with mental illness*  
Wednesday 7:00 to 8:30 pm Meeting ID 849 897 305

### **Peer Support Group**

*For persons who live with mental illness & seeking support*  
Thursday 6:00 to 7:30 pm Meeting ID 984 334 883