

**Black
Community
Initiative
2023**

BLACK COMMUNITY MENTAL WELLNESS PEER SUPPORT GROUP



**First Thursday of
every month**

7PM - 8:30PM

Join us on Zoom!

**Register:
bit.ly/3H7CqMa**

Your Mental Health Matters

Free virtual support group for those who have experience symptoms of a mental health condition, led by black peer facilitators. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

For individuals who identify as Black living with a mental health condition 18+



YOU ARE NOT ALONE!

