

NAMI

Monday Wellness: Grief, Loss, and Post-Weekend Peer Support



**EVERY MONDAY AFTERNOON
2:00 – 3:00 PM**

Join Zoom Meeting

<https://us02web.zoom.us/j/86036423637?pwd=TzRvZjBWdTRzWWtxYit2OXI0QWtMUT09>

Meeting ID: 860 3642 3637

Passcode: 646379

Contact for any questions or to be sent the link directly

Email: swiftsuccess40@gmail.com

Phone (best to send text first): 434-806-0204 OR 804-363-2800

FOR PEERS
BY PEERS

