

NAMI

Morning Wellness: Peer Support Group for Balance in Mental Health Recovery



EVERY TUESDAY MORNING

9:30 - 10:30 AM

Join on Zoom at:

<https://us02web.zoom.us/j/81570043891?pwd=Z3kvR0VIZkRZcGFVQmdmeCtRSUdNZz09>

Meeting ID: 815 7004 3891

Passcode: 034697

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

