

FAMILY SUPPORT GROUP

Every Other Tuesday at 6:00pm
Held Virtually - Scan the QR Code to Access



ABOUT OUR SERVICES

Attention all family members!
Are you looking for a safe and supportive space to connect with others who understand what you are going through?

Join us at the Family Support Group held virtually by Relevance Behavioral Health. Our program is designed to help you feel empowered, heard, and supported by others who understand. We welcome all family members and loved ones who wish to participate

FUTURE YOUR FAMILY

Our trained facilitators offer guidance on how to manage the challenges of supporting a loved one with mental or substance use disorders.

- ✓ PROVIDES EMOTIONAL SUPPORT
- ✓ PROVIDES COPING STRATEGIES AND TOOLS
- ✓ REDUCES STRESS AND ANXIETY
- ✓ HELPS YOU UNDERSTAND YOUR LOVED ONE'S CONDITION AND HOW TO SUPPORT THEM



Questions?

Connect with Tiffany!
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732-702-2242 x101

Scan to login to the meeting!

