



## Frontline Workers Can Come for Support & Hope

**Who?** - Those working on the Frontline caring for others during this unprecedented pandemic.



NAMI trained certified facilitators provide support in a confidential, supportive setting where information, resources, and experiences are shared.

**What?** - Together we deal with the impact that the coronavirus has made on our country, the lives of our loved ones, our friends and neighbors as we slowly acknowledge the impact that it has had on our own lives as individuals.

Attending Wellness Support Group gives us an opportunity to have a place and time of shared experiences and find resources to help maintain our mental health and wellness.

Through group wisdom and shared experiences, we gradually learn new ways to decompress, develop coping skills, self-care strategies, and find solutions through the experiences of other Frontline participants enduring the same journey.

**When?** - **Thursdays**

**6:00 pm - 7:30 pm**

Group begins **April 23**

⇒ Weekly meetings are **at NO Cost!**

⇒ Registration is required

⇒ Join in and find **HOPE!**

**What you will find at NAMI:**

**Education, Support, & Advocacy**

**A chance to share your experience and learn from others**

**Informative referrals to county services**

**Register -**

**[www.namimchenrycounty.org](http://www.namimchenrycounty.org)**

Online Support hosted through zoom.us

**Facilitators:**

**Tina Karaway, Family Support Advocate**

**Lorraine Bruning, Recovery Support**

*We are not alone... there is support in midst of the chaos AND the celebration of even the smallest victories as we face this pandemic TOGETHER!*