



Strong Men, Strong Families! Virtual Support Group 3rd Tuesday of the month

Join other Male Caregivers for Support, Empowerment & Connection

You are not alone!



This relaxed, male-focused group is intended to offer a **supportive** and **confidential** environment to meet other males caring for someone with a behavioral health challenge.

Strong Men, Strong Families will run monthly, on the 3rd Tuesday of the month from 7:30-8:30 PM.

Feel free to attend any sessions that fits into your schedule. New Members are ALWAYS welcomed.

When: Every 3rd Tuesday of the Month

Where: Online Zoom Meeting

Cost: Free

Upcoming Sessions: **July 20th 2021**
What is Peer Support?

August 17th 2021
Sharing our Stories

September 23rd 2021
School meetings 101

October 19th 2021
Taking care of you

November 16th 2021
Preparing for the Holidays

December 21st 2021
Guest Speaker

We hope to see you there!

For more information and to receive Zoom link, contact
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