

# Mental Health Virtual Support Group

(For anyone struggling with MH symptoms)

Every Tuesday 1PM-2PM

For more info, Please contact Heather McLean at [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org) or (724) 433-1359 for the Zoom link and password.

(This is not a clinical/therapeutic group, but here to offer social support.)