



## **Virtual Support Groups**

### **Support Group (For Adults)**

**Please Note:** These groups are not meant to replace therapy, but provide added support.

**Contact Heather Mclean @ [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org) or (724) 433-1359**

#### **MH Support Group (Mental Health)**

Every 2<sup>nd</sup> Tuesday of every month

Time: 1:00PM-2:00PM

#### **LGBTQ+ Support Group**

Every 2<sup>nd</sup> Tuesday of every month

Time: 6:00PM-7:00PM

#### **The “Anyone” Support Group (For anyone wanting to talk)**

Every 1<sup>st</sup> Wednesday of each month

Time: 6:00PM-7:00PM

#### **Aging Up Support Group (Transitional Ages 18-26)**

Every 2<sup>nd</sup> Monday of every month

Time: 4:00PM-5:00PM

## **In-Person Support Groups**

**Please Note:** These groups are not meant to replace therapy, but provide added support.

### **Caring Ones Support Group (For those supporting a loved one with mental illness)**

Every 2<sup>nd</sup> Monday of every month, **Time:** 6:00PM-7:30PM

Contact: Heather McLean [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org) or (724) 433-1359

### **LOSS Support Group (For those how have lost loved ones to suicide)**

Every 1<sup>st</sup> Tuesday of each month 6:30PM-8:30PM

Contact: Beth Crofutt [bcrofutt@mhaswpa.org](mailto:bcrofutt@mhaswpa.org) or (724) 834-6351 Ext: 118

### **Hope & Healing Support Group (For those recovering from a past suicide attempt)**

Every 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month **Time:** 6:00PM-7:30PM

Contact: Heather McLean [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org) or (724) 433-1359

### **Mon Valley LOSS Support Group**

Every 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month, **Time:** 1:00PM-2:30 PM

Location: Mon Valley Hospital, 1163 County Club Road Monongahela, Pa 15063

Contact: Sam Lonich [splonich@gmail.com](mailto:splonich@gmail.com)

### **NAMI, Family Support Meetings**

Every 2<sup>nd</sup> Tuesday of every month, **Time:** 7:00 PM-8:30PM

Location: West Hempfield Presbyterian Church

Contact: Harriet Hetrick, (412)596-5071