

because you matter!.....



FAMILY & FRIENDS matter.

Virtual information and support for those who care for others...

Providing support for those struggling with mental illness or addictive disorders can feel scary, confusing and difficult. The support of friends and family is a crucial part of our clients ability to manage their illness and live a more productive and stable life. We are here to help you navigate those emotions and provide clarity, answers, and support.

Join our weekly VIRTUAL information and support sessions using the ZOOM App!
Sessions are led by API's Psychology and Addictive Disorders counselors.

- ◆ Virtual process and information group for family and friends of people living with mental illness (no clients in this group).
- ◆ Loved one does not have to be a current or former client at API.

PLEASE CALL OR EMAIL TO LET US KNOW YOU WILL BE JOINING:
619-667-6022 or FamilyAndFriends@apibhs.com

TUESDAYS
5PM

MEETING ID: **842 8100 6383**
PASSCODE: **609086**

Support Group Uses

