



This Mind of Mine Peer Support Group **“Life is Never Linear”**



Wednesday March 21, 2018 5:30 P.M. to 7:00 P.M.

Peer Support Group begins meeting on the 3rd Wednesday of each month

NAMI Syracuse office 917 Avery Ave. Syracuse, NY 13204

All diagnosis welcome!

This Mind of Mine Peer Support Group focuses on:

- **Community Resources and Events**
 - Sharing Community Resources for Onondaga County and upcoming Social Events
- **Open Sharing/Discussion**
 - Discussing proud moments and challenges that arose within one’s mental health journey
- **Brainstorming**
 - Response to challenges previously mentioned; how to handle real life situations such as handling work life, family and along those lines
- **Put a Bow on It**
 - Last words to go by/Closing thoughts to leave with

For more information, contact Lacey Roy at

eroylacey@gmail.com

Or NAMI Syracuse at

(315) 487-2085



www.namisyracuse.org