

VETERANS' ONLINE SUPPORT GROUPS



Every Monday, 6PM-7PM: Veterans Group

<https://bit.ly/vetMonday>

Meeting ID: 884 5432 3979

Every Monday, 7:15PM-8:15PM: Veterans' Spouses
Group

<https://bit.ly/spousesupportVet>

Meeting ID: 890 1707 1154

Every Wednesday, 6:30PM-8PM: Veterans and
loved ones

<https://bit.ly/Talkat730>

Meeting ID: 870 9729 7532

Every Thursday, 6:30PM-7:30PM:

Women's Group for female Veterans

<https://bit.ly/vhaliwomen>

Meeting ID: 854 7969 6118

**Please email DGreen@mhanc.org to
get the **meeting password** and
more information on call in options.**



Mental Health Association
of Nassau County, Inc.



Our Help Knows No Season

With funding from the
 LONG ISLAND
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