

ASSOCIATION FOR
MENTAL HEALTH AND WELLNESS



To Advocate. To Educate. To Empower. Together.

*Healing
Connections
Peer Support Groups*

During this public emergency period, we have expanded our Healing Connections Peer Support Groups, which can be joined online or by phone.

Monday: 12:00 pm - 1:30 pm EST
Tuesday: 12:00 pm - 1:30 pm EST
Wednesday: 12:00 pm - 1:30 pm EST
Thursday: 7:00pm - 8:30 pm EST
Friday: 12:00 pm - 1:30 pm EST
Saturday: 6:30pm - 8:00 pm EST
Sunday: 6:30pm - 8:00 pm EST

You can access our online Peer Support Group
by going to mhaw.org or [clicking this link](#)

At the time of the meeting, press the "click here to join the support group" link, and you're in!
You may be prompted to download the "Zoom" app the first time you log in. You will have the option of using the audio from your device/computer, or from a telephone.

You may also call in to join this meeting by phone:

1 929 205 6099

Meeting ID: 350 838 4591

Find your local number: <https://zoom.us/j/ab49ZfkmGG>

Following guidance from the Governor and County Executive, the offices of the Association for Mental Health and Wellness (MHAW) are closed for an indefinite period of time. Since the Coronavirus began to invade our lives and restrict our lifestyles, many of us have struggled with the onslaught of frightening messages and the negative effects of social isolation.

Many community members have communicated their need for increased support and guidance.

Our Peer Support Line is also available 7 days per week

Monday - Friday: 9:00 am - 5:00 pm

Saturday: 5:00 pm - 10:00 pm

Sunday: 2:00 pm - 7:00 pm

631-471-7242 ext 1217

With any questions, please email healingconnections@mhaw.org