



FIRST MEETING ON JULY 22

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# NAVIGATING STRESS

A path to hope and strength

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We all experience the impact of stress in different ways. Talking it out with others can help!

A new support group from Mental Health America of Northeast Indiana.

7:45 AM - 8:45 AM  
2nd and 4th Wednesdays  
Starting July 22

join virtually on Zoom  
Meeting ID: 844 7475 2917  
Password: 910730

[www.mhanortheastindiana.org](http://www.mhanortheastindiana.org)  
(260) 422-6441

