



# Virtual Support Group

(Feeling stressed and anxious, Join the Conversation)

Every Wednesday 6PM-7PM

For more info, Please contact Heather McLean at [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org) or (724) 433-1359 for the Zoom link and password.

**(This is not a clinical/therapeutic group, but here to offer social support.)**

