

## **Support Group Updates (For Adults)**

### **In-Person Support Groups**

**(Please note: These groups are not therapeutic, meant for socialization)**

#### **Hope & Healing Support Group (For those recovering from a suicide attempt)**

Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of every month

Time: 6:00PM-7:30PM

Location: MHA-SWPA, 409 Coulter Ave. Greensburg, Pa 15601

Contact: Heather McLean [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org) or (724) 433-1359

#### **LOSS Support Group (Loved Ones Stolen by Suicide)**

Every 1<sup>st</sup> Tuesday of every month

Time: 6:30PM-8:30PM

Location: MHA-SWPA, 409 Coulter Ave. Greensburg, Pa 15601

Contact: Beth Crofutt [bcrofutt@mhaswpa.org](mailto:bcrofutt@mhaswpa.org) (724) 834-6351

#### **Caring Ones Support Group (For those supporting a loved one with mental illness)**

Every 3<sup>rd</sup> Monday of every month

Time: 6:00PM-7:30PM

Location: MHA-SWPA, 409 Coulter Ave. Greensburg, Pa 15601

Contact: Heather McLean [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org) or (724) 433-1359

#### **Westmoreland County Support Group (Self-help, sharing and caring)**

Every 1<sup>st</sup> Tuesday of every month

Time: 11:00AM-1:00PM

Location: MHA-SWPA, 409 Coulter Ave. Greensburg, Pa 15601

Contact: Julie Kostenbader [julie.kostenbader@gmail.com](mailto:julie.kostenbader@gmail.com)

## **Virtual Support Groups**

Contact Heather Mclean @ [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org) or (724) 433-1359 for further info.

### **Aging Up Support Group (Transitional Ages 18-26)**

Every 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month

Time: 4:00PM-5:00PM

### **MH Support Group (Mental Health)**

Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month

Time: 1:00PM-2:00PM

### **LGBTQ+ Support Group**

Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month

Time: 6:00PM-7:00PM

### **The “Anyone” Support Group (For anyone wanting to talk)**

Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month

Time: 6:00PM-7:00PM