

# Caring Ones

## VIRTUAL Support Group

For those supporting  
a loved one with  
mental illness

Meetings are held  
every 2nd Monday  
of each month

Time:

6:00PM-7:30PM

*For the link, contact  
Heather McLean @  
(724) 433-1359 or  
hmclean@mhaswpa.org*

**MIIA**  
Mental Health America  
of Southwestern PA