

NEW VIRTUAL PEER SUPPORT GROUPS!

Beginning July 6th, MHEP will be offering 6 topic-based peer run support groups weekly, in addition to our open peer support groups already in progress.

Starting the week of July 6th:

Daily Virtual OPEN Peer Support Group Times
8am, 11am, 3pm, 6pm, 8pm and 9pm

NEW Weekly Topic Based Peer Run Groups

MONDAY

Mood Boosters Online-4pm
Alternatives to Suicide-6pm

TUESDAY

LGBTQ+ Peer Pride-4pm

WEDNESDAY

Expressive Writing -4pm

THURSDAY

Mind and Body Sobriety-4pm

FRIDAY

Open Mic-4pm

Hearing Voices-5pm

All groups can be accessed through Zoom.us
Any questions or concerns can be directed to one of the peer's here at the Empowerment Exchange

Rob-rrodgers@mhepinc.org

Ray-rreuter@mhepinc.org

Meagon-mnolasco@mhepinc.org

Join us on Zoom.us:

7 Days A Week

8 am

983 483 67507

11 am

382-333-377

3 pm

962 6727 2990

6 pm

993 2695 8770

8 pm

690 715 056

9 pm

272 367 210

Mood Boosters Online

731 915 845

Alternatives to Suicide

825 6224 5652

LGBTQ+Peer Pride

975 9375 8698

Expressive Writing

992 7602 0662

Mind and Body Sobriety

992 4826 5219

Open Mic

933 4169 3035

Hearing Voices

991 4211 4991

The Empowerment Exchange

2136 Burdett Ave., Troy NY

(518) 235-2173

24/7 Peer Support Line

(800) 643-7462

