

IN THE LAND BETWEEN: WALKING THE LABYRINTH

Young Adult Program for Those Dealing with Mental Health Concerns

6:30 – 8:00 PM First and Third Thursdays
(Begins **JANUARY 17, 2019**)

NSeven Coffee Company, Grafton



WHO:

Young Adults (ages 18 – 30) who are dealing with mental health concerns

WHAT:

A peer support group that will provide an opportunity to share and listen to each other's personal experiences and stories, watch and discuss Ted Talks and Podcasts, use creative and healing artistic resources, engage in discussions, and share poetry and readings of the heart.

WHY:

“Walk the labyrinth” with others, in hopes of finding your way. Receive support and resources, meet and share your concerns with others, empower each other, build relationships.

WHEN:

1st and 3rd Thursdays of each month from 6:30 – 8:00 PM, beginning **JANUARY 17, 2019**

WHERE:

NSeven Coffee Company, 1307 Wisconsin Ave., Grafton, WI

CONTACT:

Pat Morrissey at pat@landbetween.net or Jan Valentine at COPE at jvalentine@copeservices.org or 262-377-1477

To complete an application and for more information, please visit the website at www.landbetween.net

This group is promoted by NAMI Ozaukee, endorsed by COPE Services and supported by Community United Methodist Church in Cedarburg.

