



**YOU ARE
NOT ALONE**

FAMILY SUPPORT GROUP

The *You Are Not Alone* Family Support Group is a peer-run support group for parents and loved ones of individuals with a mental health condition. This is an opportunity for support and connection with others facing similar hardships. Occasionally, the monthly events will also have guest speakers and educational presentations.



**PEER EMPOWERMENT NETWORK
514 SOMERSET STREET
JOHNSTOWN, PA 15901**

**4TH MONDAY OF EACH MONTH
6:00 PM**

LIGHT REFRESHMENTS PROVIDED



To register for this event, contact Maryann at 814-254-4342.