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CONGREGATION
בית שלום
BETH SHOLOM

NOTE NEW MEETING DAY STARTING IN 2012

MENTAL HEALTH SUPPORT GROUPS

at Beth Sholom and the JCC

(CHECK THE SCHEDULE ON REVERSE)

**For people affected by mental health including
their family members and friends**

**We gather in a safe setting to share our
experiences and support one another**

- *Personal Sharing and Support*
- *Social Time with Refreshments*
- *Close with Healing Circle*

FREE AND OPEN TO EVERYONE

7–9 p.m.

**For information, e-mail Maureen Samson, LCSW
at maureensamson@comcast.net
or call the office at 415.221.8736**

**Sponsored by Nachamu (“Comfort”) Network,
the mental health support program of Congregation Beth Sholom**

SUPPORT GROUP SCHEDULE FOR 2012

AT CONGREGATION BETH SHOLOM

**301 14th Avenue (near Clement)
Third Wednesdays, except as indicated below
7-9 pm**

**January 18
February 15
March 21
April 18
May 16
June 20**

**July 18
August 15
September 12 (2nd Wed)
October 17
November 14 (2nd Wed)
December 19 (2nd Wed)**

AT THE JEWISH COMMUNITY CENTER OF SAN FRANCISCO

**3200 California Street (near Presidio)
Second Thursdays
7-9 pm**

**January 12
February 9
March 8
April 12
May 10**

Everyone is welcome to attend both groups!