



You are not alone!

TOGETHER WE DO BETTER THAN TRYING ON OUR OWN. Fresh Hope for Mental Health is a peer-to-peer support group led by trained facilitators. It does NOT take the place of professional support.

Fresh Hope for Mental Health meets each **Thursday at 6:30 -7:30 PM in person at Grace United Methodist Church in Glenwood**, by Zoom, and by phone simultaneously. (15-20 minute small group immediately after.)

Confidentiality is of utmost importance. We welcome individuals 18 years or older who now have or have had a mental health challenge (such as anxiety, depression, bipolar disorder, schizo-affective disorder, PTSD, OCD, MDD, etc.)

Loved Ones (example - parent, spouse, sibling) are welcome to participate whether their loved one attends or not.

Each week we discuss topics aimed at sharing what works for us. We encourage one another to be positive and wellness focused. We don't judge. We listen, we share, we encourage mini goals, and we make progress.

Fresh Hope is faith-based, however, it isn't necessary to be a member of any church to participate. We remind one another of God's love and that He can do all things.

If you or someone you care about are interested in the local group, contact our facilitators at freshhopeglenwoodia@gmail.com or call Grace UMC 712-527-4607 to get more information.

For daily encouragement, humor, and relevant mental health information, find our face book page by typing "*fresh hope for mental health - glenwood ia*" into your search bar. You don't have to have a face book account to find our face book page.

<https://www.facebook.com/freshhopeglenwoodia/>

For the international network and face book page, search *FreshHopeforMentalHealth – Omaha*



Fresh Hope for Mental Health

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Check out www.freshhope.us
for information and resources.