

# FAMILY

## Support Circle

A peer-led support group for people who are supporting a loved one living with mental health challenges. This is a safe, non-clinical, confidential space to listen and share with people who gets it.

Join us on Zoom every **1st Tuesday 12:30-2pm**

Link: <https://us06web.zoom.us/j/82363351925>

Meeting ID: 823 6335 1925



1633 Old Bayshore Hwy, Suite 160, Burlingame, CA 94010  
Phone: 650-232-7426 - See all we offer at [www.heartandsoulinc.org](http://www.heartandsoulinc.org)