

NAMI KDK AND GRACEFUL THERAPY TEEN SUPPORT GROUP



**Meet and greet
Monday, February 27
Once a month for 6 weeks**



5:30 pm - 7:00 pm



**113 Main St, Unit 203,
Oswego, IL 60543**



National Alliance on Mental Illness

*Graceful
Therapy*

In partnership with Graceful Therapy, NAMI KDK is proud to offer a peer support group free of charge for teens to explore mental health awareness and concerns. Co-led by a NAMI peer leader and Graceful Therapy Clinician, this series includes weekly sessions over a 6-week timeframe at Graceful Therapy Oswego. We hope to provide a safe space to learn about mental health and support each other in their circumstances.

NAMIKDK.ORG & GRACEFULTHERAPY.COM

For questions and resources contact NAMI KDK Executive Director Sara Gray at saragray@namikdk.org