



WINGS ACROSS ALABAMA HELPS

during this pandemic join the

ONLINE COMMUNITY SUPPORT GROUP

ALL ARE WELCOME

**Get support and tips on
maintaining a healthy
lifestyle in this group**

Facilitated by Certified Mental Health Peers

EVERY WEDNESDAY • 8:00 PM - 9:00 PM

Platform: GoToMeeting online

WINGSACROSSAL.ORG



When you need support

Wings Across Alabama is thrilled to meet the needs of our community during this trying period of social distancing and uncertainty.

Please join us for this ALL INCLUSIVE online support group!

1

Time and day of meetings

We will meet online **every Wednesday at 8:00pm** starting April 1, 2020.

2

Use this link to join the meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/707688773>

3

Participate or just listen

This group will be facilitated by Certified Mental Health Peers and have an open sharing format.