

**Mental Health America of Franklin County
and Jewish Family Services presents**

Families in Touch

**Providing Support to
those who Provide Support**

**2nd & 4th Wednesday each month, 5:30 – 7:00 PM
Jewish Family Services, 1070 College Ave**

This group is for families and friends of adults with mental illness looking for a confidential, self-help support group. The goal for the group is to provide support to those caretakers, friends and families of someone who is coping with mental illness.

The group will meet on the second and fourth Wednesday evening of each month, from 5:30 – 7:00 PM, and will be facilitated by a JFS social worker.

The first session will be an Open House on Wednesday, January 25, to discuss coping with mental illness during the winter months and post-holiday season.

For more information visit www.mhafc.org or contact Danielle Ruben at 614.559.0110 or druben@jfscolumbus.org.

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