

# Veteran-led Support Group

Designed to connect, encourage, and support participants using a structured support group model

- \* Virtual
- \* Free and confidential
- \* Held weekly for 90 minutes
- \* Led by trained veteran facilitators

Sponsored by NAMI San Antonio  
**Every Thursday 1830-2000**



TO SIGN UP: contact Verna Lister (210) 734-3349 x103

~ support group is not therapy ~