

# Open Community Support Groups

Free!



## For suicide survivors

First and third Friday

11:00am-12:00 PT 12:00pm MT 1:00pm CT 2:00pm ET

If you or someone close to you has experienced the loss of a loved one to suicide, Charlie Health offers a bi-monthly space to receive support, share stories, and build community. Use the QR code to learn more and register.



## For therapists

Fridays

11:00am-12:00 PT 12:00pm MT 1:00pm CT 2:00pm ET

This group is a dedicated space for Charlie Health therapists and outside providers to discuss complex cases, learn about burnout, and find support in a community of peers. Use the QR code to join the virtual group.



## For caregivers

Mondays

5:00pm-6:00 PT 6:00pm MT 7:00pm CT 8:00pm ET

We offer a range of weekly groups to support caregivers well-being, including groups for families of color, Spanish-speaking families, and more. Use the QR code to see the range of options and register.

