

Essential Workers Support Group



Helping you take
care of yourself,
so you can support
your community.

NAMI Chicago offers confidential support groups for essential workers where they can share their experiences facing the COVID-19 crisis.

Mondays 6:00 to 7:00 PM

Wednesdays 12:00 to 1:00 PM

Thursdays 3:00 to 4:00 PM

[Register at namichicago.org/groups-and-classes](https://namichicago.org/groups-and-classes)

Reach NAMI Chicago at 833-626-4244

Email andrew@namichicago.org for questions