

I.O.U.
(Importance Of Unimpaired)
Mental Health
Gathering

open to the public - 18+ years old

non-judgmental, confidential environment

**share your mental health concerns, stories,
and inspiration, with peers**

***last Monday of each month**

>non-religious based<

**Immanual Lutheran Church Fellowship Hall (West
Entrance)
Crosby, MN**

1:30 p.m. to 3:00 p.m.

AND

6:30 p.m. to 8:00 p.m.

You Are Not Alone

***beginning July 26, 2021, excluding Federal Holidays, continuing until further notice**

Hosted by: www.facebook.com/groups/inhonorofconner