

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<

Immanuel 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