



FREE Community Groups!

DISCUSSION

- SOLUTION
- SUPPORT



Summit Pointe is now offering free community groups as a means to support and engage our community as we work together to face these ever-changing and challenging circumstances. These groups are completely free and open to anyone that wants to participate. You do not need to be a customer of Summit Pointe to participate in these groups! Please read the descriptions below to see if any of our available sessions would be of benefit to you and follow the instructions to join these groups.

Mental Health ... Tuesdays, 6:00 - 7:00 pm and Thursdays, 10:00 - 11:00 am

TUESDAY GROUP

[CLICK HERE >](https://zoom.us/j/96781836985?pwd=TTUzSWRnWStCM3lyVIZ2Q2loek5yUT09)

<https://zoom.us/j/96781836985?pwd=TTUzSWRnWStCM3lyVIZ2Q2loek5yUT09>

THURSDAY GROUP

[CLICK HERE >](https://zoom.us/j/93862781652?pwd=eHlhbXYzdTc3dQrcDFpcUtEK3IRUT09)

<https://zoom.us/j/93862781652?pwd=eHlhbXYzdTc3dQrcDFpcUtEK3IRUT09>

This group will focus on highlighting core aspects of mental health that can be affected by our community's current circumstances. The group will also teach new skills that can be used to assist you in navigating these new and difficult times. Content presented on Tuesday is repeated on Thursday, so feel free to join either session without missing any of the incredible information!

Substance Recovery Support Group ... Wednesdays, 3:00 - 4:00 pm

[CLICK HERE >](https://zoom.us/j/99083935705?pwd=WDFUQmNKs25nMElpSEM4R0lNQjRUZz09)

<https://zoom.us/j/99083935705?pwd=WDFUQmNKs25nMElpSEM4R0lNQjRUZz09>

This group will focus on providing an opportunity for individuals that are either in recovery or those with loved ones in recovery. The group will focus on reaffirming the difficulties that are faced by individuals in recovery at this time. The group is meant to provide a space for people to openly discuss difficulties as well as success as well as to maintain a sense of community despite the lack of our physical contact!

Having Trouble Joining?

Click on this link <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

For More Information
Call 269/966-1460

