

DNOM'S Online Peer Support



The purpose of Real Talk is to bring people together to communicate and support one another during difficult situations.

During this pandemic are you feeling?
Alone?
Isolated?
Anxious?

Come join DNOM's Peer Support Team for some great ideas on how to keep up your mental well-being during this time of social distancing and some "Real Talk" support. This is a virtual support group for adults to meet online or by phone.

Come join us for some great ideas and support!

**Location: Online-Zoom
Tuesday's 12 pm – 1 pm
Beginning April 14, 2020**

[Click here to register](#)

If you have any questions or need help registering please contact peer_support@dnom.org