



LA'BRIUT'S 2025

Groups meet on Sundays*
8:00-9:15pm Central Time
9:00-10:15pm Eastern
Time

SUPPORT GROUP

For a Zoom link or more info:

LabriutWomen@gmail.com

773-234-5281

MEETING DATES

(Dates are subject to change)

JANUARY 12 19	FEBRUARY 2 9	MARCH 2 16 30/30
APRIL CHAG SAMAEACH! 	MAY 4 18	JUNE 8 22
JULY 20 27	AUGUST 10 24	SEPTEMBER 7 28
OCTOBER 19 28(Tues)* *Notice date change	NOVEMBER 9 24(Mon)* *Notice date change	DECEMBER 7 28

Key:

FAMILY GROUP- For those supporting family members with mental health conditions

LET'S TALK ABOUT MENTAL HEALTH -For those with mental health conditions themselves