



LA'BRIUT

2026

Groups meet on Tuesday*
7:30pm -8:45pm Central Time
8:30pm-9:45pm Eastern Time

SUPPORT GROUP MEETING DATES

For a Zoom link or more info:
LabriutWomen@gmail.com
773-234-5281

(*Dates are subject to change)

JANUARY

6

13

FEBRUARY

3

24

MARCH

10

17

APRIL

14

28

MAY

12

26

JUNE

9

23

JULY

7

28

AUGUST

11

25

SEPTEMBER

1

15

OCTOBER

6

20

NOVEMBER

3

17

DECEMBER

1

15

Key:

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

LIVED EXPERIENCE CIRCLE -For those with mental health conditions themselves