



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