



PEER-LED SUPPORT GROUPS

If you live with a mental illness diagnosis, or love someone who does, you are invited to join those who “walk your walk.” Our support groups are led by people who share your experience and have been trained to facilitate support groups.

These groups are not intended to replace professional health care; we are not mental health professionals.



FOR ADULTS LIVING WITH A DIAGNOSIS

MONDAYS

2:30 to 4:00 pm

First Presbyterian Church, Rm 205
2300 S West Ave, Sioux Falls

THURSDAYS

3:00 to 4:00 pm

Active Generations East
5500 E Active Generations Pl, Sioux Falls

(starts June 12)

6:00 to 7:30 pm

First Christian Reformed Church
2901 E 26th St, Sioux Falls

(starts June 5)



FOR ADULTS LIVING WITH A DIAGNOSIS

FRIDAYS

2:00 to 3:30 pm

EMHS Office
737 W 10th St, Ste 103
Sioux Falls



FOR THOSE WHO LOVE SOMEONE LIVING WITH A DIAGNOSIS

SUNDAYS

5:30 to 7:00 pm

EMHS Office
737 W 10th St, Ste 103
Sioux Falls

CALL OR EMAIL US FOR MORE INFORMATION
605-359-0995 | info@empirementalhealthsupport.org



“We Strive To Prepare People on Their Journey to Mental Wellness.”

