

Welcome to Our Mental Health Support Group

Dear [Recipient's Name],

We are excited to introduce you to our Mental Health Support Group, a safe and supportive space for individuals seeking connection and understanding in their mental health journeys.

Our group aims to provide a supportive community where members can share their experiences, learn from each other, and find comfort in knowing they are not alone. Meetings will be held every [day of the week] at [time] at [location].

Whether you're dealing with anxiety, depression, stress, or any other mental health concern, we welcome you to join us. Together, we can foster a sense of belonging and resilience.

If you have any questions or would like to learn more, please feel free to reach out to us at [contact information].

We look forward to welcoming you to our community.

Warm regards,

[Your Name]

[Your Title/Role]

[Group Name]

[Contact Information]