

# You're Invited!

Dear [Recipient's Name],

We are excited to invite you to our upcoming Mental Health Support Group meeting. This is a safe and confidential space for individuals to share experiences, seek guidance, and support one another on their mental health journeys.

## Meeting Details:

- **Date:** [Insert Date]
- **Time:** [Insert Time]
- **Location:** [Insert Location]
- **RSVP:** [Insert RSVP Details]

Whether you're seeking support or simply want to connect with others, we welcome you to join us. Together, we can create a community of understanding and resilience.

If you have any questions, please feel free to reach out to us at [Insert Contact Information].

We look forward to seeing you!

Warm regards,

[Your Name]

[Your Title/Organization]