

Spring/Summer  
2026



# General Support Group

A space designed for conversation and support



The General Support Group is a place to share both the challenges and victories you face, where you can find emotional support and practical advice for navigating life with a disability. Whether it's tips on accessibility, managing healthcare, or advocating for your rights, the group helps you build confidence and independence.

You'll also have the opportunity to learn from others through workshops or educational sessions about resources and disability-related issues. It's a chance to reduce feelings of isolation, improve your mental well-being, and feel empowered as part of a community that values and supports you.

Monthly on Selected Thursdays  
2:00-3:00pm  
Virtual Meetings via Zoom

To attend, please contact Kari:  
[kari@dnwml.org](mailto:kari@dnwml.org) | (734) 889-9360

## Upcoming Dates

May 14

June 11

July 9