

**New Hours for
FALL 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 Wednesdays
3:30 - 5:00 PM**

**Virtually via Zoom or In-Person at our Washtenaw Office:
3941 Research Park Dr., Ann Arbor**

To attend, please contact Anna: anna@dnwml.org

Upcoming Dates

**October 14 & 21
November 4 & 18
December 2 & 16**

Feel free to bring fidgets/a blanket/other item that helps to bring comfort and relaxation.