



## NEWS

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FOR IMMEDIATE RELEASE

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### *Help for People Who Have an Adult Relative With a Mental Illness*

Families In Touch (FIT) is a self-help support group sponsored by Mental Health America of Franklin County. Meetings are free and are held in four locations in the Columbus area.

Local mental health professionals facilitate the groups.

### Please list the locations & times in your publication:

- **Westerville (NE) Meetings** held at Concord Counseling Service, 774 Park Meadow Rd.; 2nd and 4th Thursdays; 10:00 am to 12:00 pm. For information, call Jennifer Sheets, 614-882-9338, ext. 235. Next meetings: Jan. 22 & Feb. 12 & 26.
- **Worthington Meetings**, co-sponsored by North Community Counseling Centers; held at Worthington United Methodist Church, 600 N. High St., Room 300; 2nd and 4th Mondays; 5:30-7:00 pm. For information, call Tammy Barber, 614-846-2588, ext. 2224. Next meetings: Jan. 26 & Feb. 9 & 23.
- **West Side Meetings**, co-sponsored by Twin Valley Behavioral Healthcare Community Support Network, held at the Hilltop Library, 511 Hague Ave.; meets once a month; 1:30-3:00 pm. For more information, call Carolyn Shimp, 614-752-0333, ext. 5703. Next meetings: Mon. Feb. 2.
- **North Side**, co-sponsored by North Central Mental Health Services, for family members and friends of teens/young adults with mental illness, held at Family Focus, 40 Spruce St. The group will meet on the second and fourth Tuesday, 6-7:30 pm. For further information call Don Schmidt, 614-299-6600, ext. 3614. Next meetings: Jan. 27 & Feb. 10 & 24

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