

WE ALL MATTER

a mental health support group for people with IDD

WHAT will we talk about?

We can talk about anything!
A few topics may include depression, loneliness, making friends, managing emotions, and building a support system.

WHEN will we meet?

The first Friday of each month,
starting November 1, 2024,
from 4:30–5:30pm

WHERE will we meet?

Online via Zoom
Register in advance at
<https://bit.ly/kcddsupportgroup>

After you register, you will receive an email with the meeting link.

WHO do I contact for more info?

Email whit@kcdd.org
or call (785) 296-2608.

**A LICENSED MENTAL HEALTH PROFESSIONAL WILL
BE AVAILABLE AT EACH MEETING TO FACILITATE
AND HELP SUPPORT GROUP ATTENDEES.**



KCDD
Kansas Council on
Developmental Disabilities