



Pathlight
Mood &
Anxiety
Center

ALUMNI, FAMILY AND COMMUNITY SUPPORT SERVICES







Healing is rarely a linear journey, and we are here to support you through the ups and downs and everything in between. We care, and we honor your individual healing process. Pathlight Mood & Anxiety Center (Pathlight) offers resources and events for ongoing support to individuals and families throughout their journey.

CONNECT WITH US

PATHLIGHT MOOD & ANXIETY CENTER

Join our supportive online communities to receive support, inspiration and updates about resources and events.

 Pathlight Mood & Anxiety Center  @PathlightBH
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CONTINUED CONNECTION

Opportunities to connect with your Alumni & Family Liaison for additional support & encouragement throughout the year post-discharge.



FREE SUPPORT GROUPS

Join our in-person and virtual groups across the U.S. for a way to connect with peers in a positive and supportive environment. Support groups and schedule listed on back of this flyer.

PathlightBH.com/Support-Groups



BLOGS AND ARTICLES

Stories and information to support individuals on their path to mental wellness. PathlightBH.com/Blog



SAY IT BRAVE

A free inclusive community supporting mental wellness and honoring the courage it takes to own your own story.

PathlightBH.com/Say-It-Brave



EVENTS

Local, regional and national events for alumni, family, support persons and community members.

PathlightBH.com/Events/Community



MENTAL NOTE PODCAST

Hope-filled episodes to provide education and inspiration through personal mental health & recovery stories.

MentalNotePodcast.com

WE'RE HERE TO HELP. REACH US AT ALUMNI@PATHLIGHTBH.COM



VIRTUAL SUPPORT GROUPS AVAILABLE NATIONWIDE

VIRTUAL SUPPORT GROUP SCHEDULE

- ✔ **Mental Health Support Group for People of Color**
Mondays at 7:00 PM ET
- ✔ **Family & Community Support Group (For Loved Ones of Individuals with Mood & Anxiety Disorders)**
Wednesdays at 7:00 PM ET
- ✔ **Clinician Connection Support Group**
Wednesdays at 2:00 PM ET
- ✔ **Anxiety & Depression Community Support Group**
Wednesdays at 8:00 PM ET

Have questions? Email Alumni@PathlightBH.com

Please visit our websites for registration information and for the most up to date support group information: PathlightBH.com/Support-Groups

**Groups are subject to change to meet the needs of the community.*

Virtual Support Groups

Join fellow Pathlight Mood & Anxiety Center (Pathlight) community members for support, education, and connection in navigating the twists and turns of the mental health journey. Participation in the groups is online and there is no cost to attend. Pathlight strives to meet the needs of our community by making virtual resources available to as many individuals as possible. Virtual support groups are first-come, first-served and limited to 15 participants each. Please note, the groups are a supplemental support and are not a replacement for mood disorder and anxiety treatment, therapy, or medical advice.

Who Can Participate?

Community & family members (age 18+) & Pathlight Alumni are welcome to attend our groups. We offer groups specific to clinicians seeking peer support as well as alumni, family & community members who need to connect with others for support—building resiliency together.

What Should I Expect?

These groups occur over secure video conferencing and will be monitored and supported by a Pathlight staff member. Each group will start with a time for themed discussion, and time for free chat where you can share experiences, thoughts, successes, and challenges with others who can relate.

Individuals will be sent a meeting ID and link to join the secure online meeting room in a registration confirmation email.

Master's-level clinicians are available for care consultation and assessment.

Please contact us to schedule a free consultation.
1-877-825-8584 • EatingRecovery.com

Most commercial insurance accepted

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